

# STORIES

behind the  
STORY

The Ranger 2014



Student Life  
4

Academics  
78

Athletics  
116

Individuals  
146

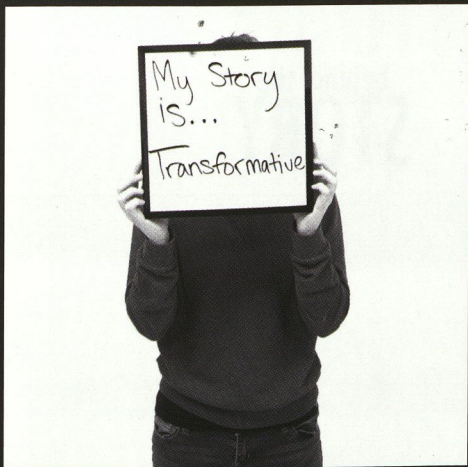
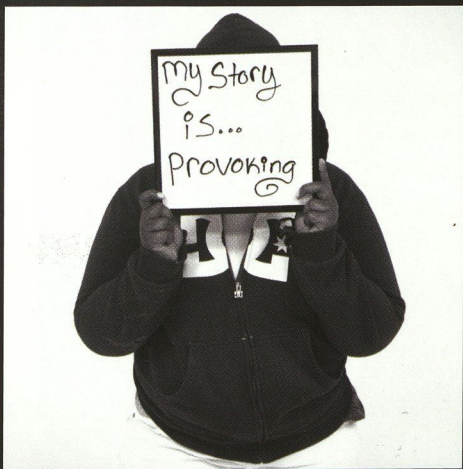
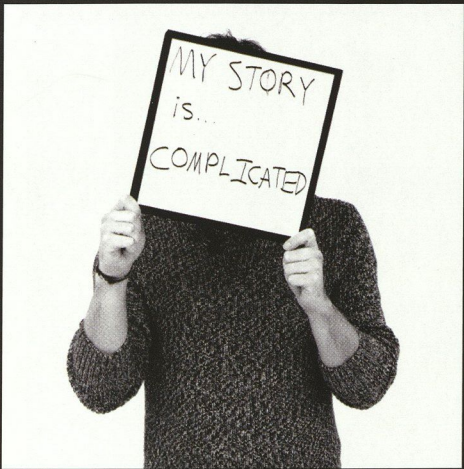
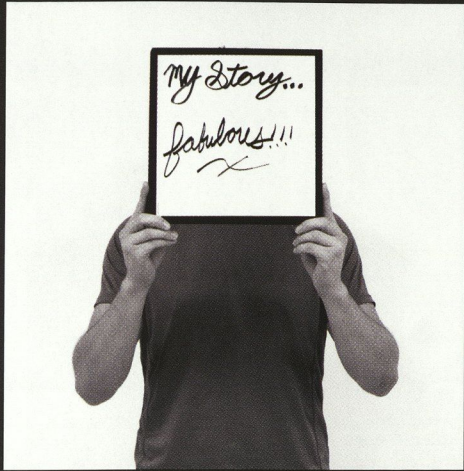
Where  
is your  
STORY?



The Ranger 2014  
Volume 98  
Regis University  
3333 Regis Boulevard  
Denver, Colorado 80211  
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**STORIES**  
behind the  
**STORY**









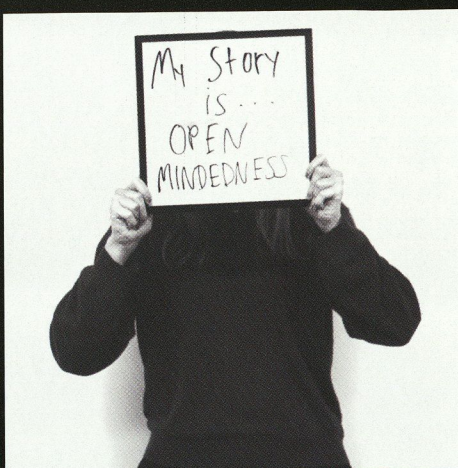
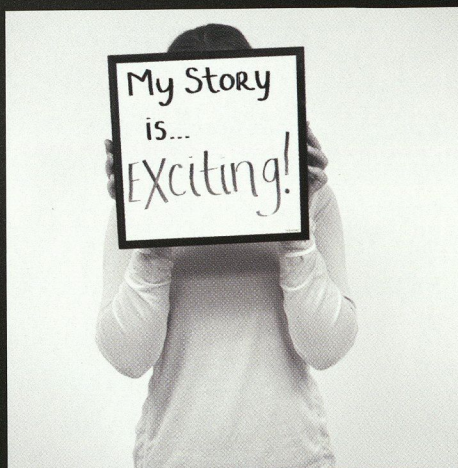
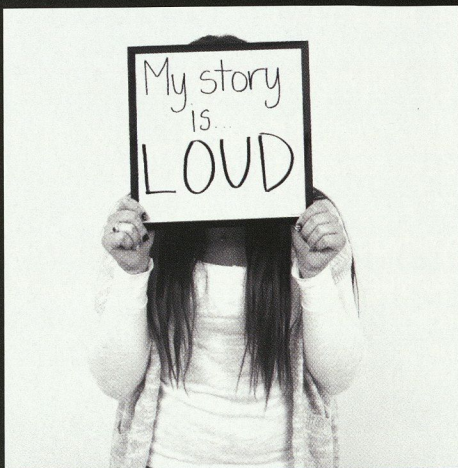
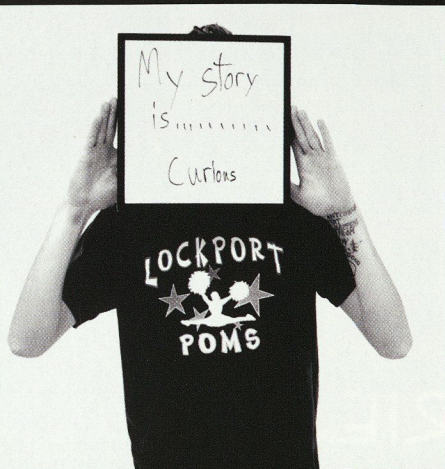
# THE STORIES....

Stories are behind everything. More than retelling a sequence of events, they define day-to-day life. Therefore, shared as either fact or as fiction, stories offer more than just a recap of an event: they share life. Regardless of the specific experience, each new moment becomes a story that is as unique and as powerful as the last. Some stories are complicated; some stories are thought-provoking and others still are uplifting. However, regardless of the nature of the particular story, each holds its own value.

As students, we embarked on a new journey each day—whether it was a Tuesday or a Saturday, we were bound to live our new experiences and, with them, our new stories. Every day, we constantly learned and heard about different experiences—and the sharing of those experiences as stories gave them a life all of their own. Because of our stories, our lives are a never-ending process and all of our stories—whether we relate others' stories or give our first-hand accounts—shape us. They also allow the diverse group of people that is Regis to somehow be connected. We started college knowing how to share our stories; and we came to learn how to make new ones. And this very task that we are charged with—to create new stories—is why we were up late seven nights a week, it is what we have been trying to accomplish throughout our college careers.

Whether the experiences we had were academic or extra-curricular, they all became part of our collected stories. Our stories were loud. Our stories were transformative. Our stories were behind everything we did and everything we set out to do. These were the stories we remembered most.







# THE SOCIAL STORY



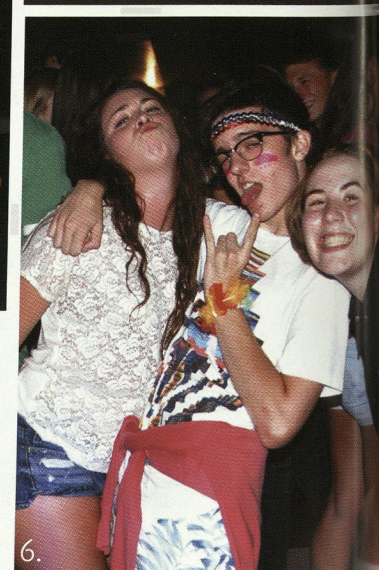
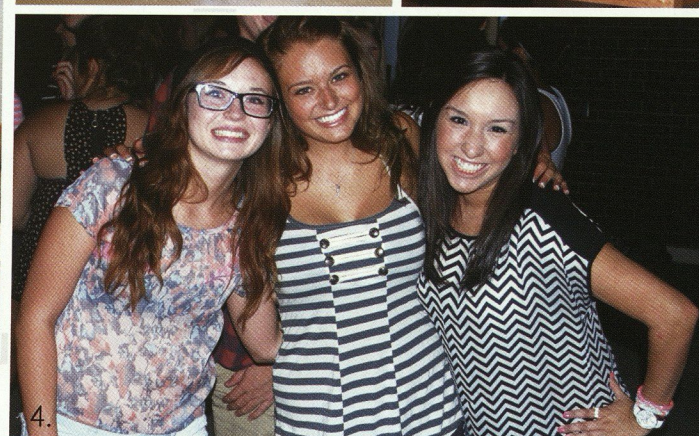
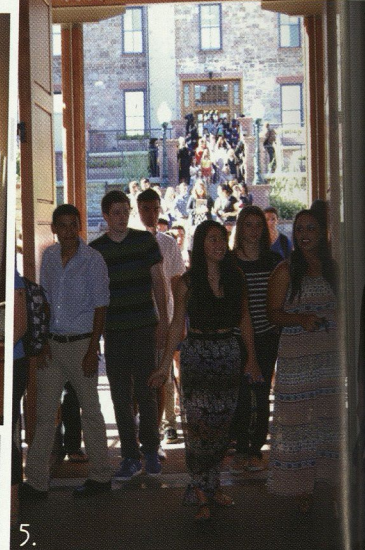
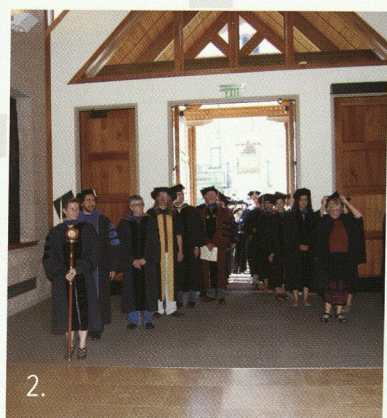




# THE STORY

## Claire Campbell: Finding her Way

From the very first moment freshman Claire Campbell stepped onto campus, she knew her experiences would be life changing. For Campbell, orientation was very important in helping her adjust to college life. "The days were long, going from 6:45 AM to 10:30 PM almost every day, but the down time was really important for getting to know everyone on the floor," Campbell explained. In addition to long days that helped her adjust to busy college life, small group meetings were essential to Campbell. These small groups provided students with opportunities to joke around with their new classmates and ask questions in a low-key setting. Together with the down-time, these groups gave students opportunities to form a community. In addition to the small groups, another favorite part of the weekend was Craig Zablocki's motivational speech. "After a night of little-to-no sleep, it was nice to share a laugh with all of my friends," Campbell reminisced. This lack of sleep was characteristic of the weekend; however, Campbell explains that the sleep deprivation was worth it as she remembers, "Even though I didn't get much sleep, it was a great bonding experience. Everyone came into our room, and we had a jam session and just talked. It was probably one of my best memories from the weekend." The entire experience was very important to Campbell, as it helped her adjust to college life and build relationships with others on her floor and in her orientation group. Her experiences exemplify the importance of Orientation Weekend for all freshmen, as the weekend provides them with opportunities to form their own communities.

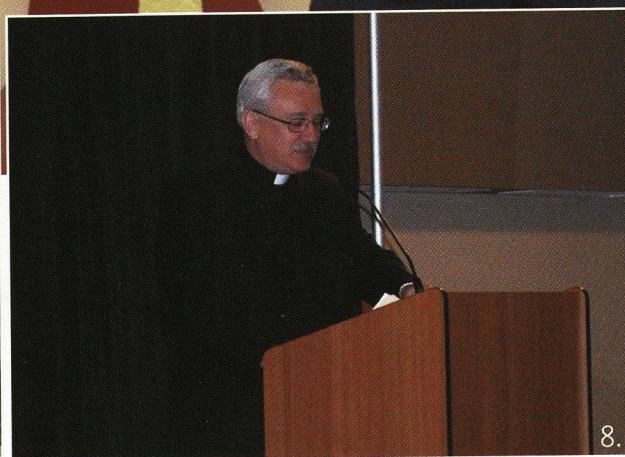


# THE LEAP OF FAITH

## Orientation and Convocation

Fear, excitement, joy: all are words to describe Freshman Orientation Weekend. Freshmen and their parents flooded campus and anxiously waited for their turn to walk up the residence hall staircases to their new lives. Freshman Rachel Miller describes her move-in experience as she explains, "I was excited, but also nervous, to meet my roommate. It's a big change in my life, but I felt ready to take on the challenge." After everyone moved in, Orientation Weekend officially began. As the weekend progressed, college became more and more real for everyone, and it became increasingly clear that orientation was just a small introduction to college life. Looking back at his experience during orientation, freshman Storm Sullivan explains his view on the weekend, saying that it was "a good introduction to the school, and it was a good way to connect with people in [my] class [I] might not [have met] otherwise." Overall, although it was busy and riddled with fear and excitement, Freshman Orientation proved to be a nice introduction to college life and a great opportunity to meet all kinds of people.

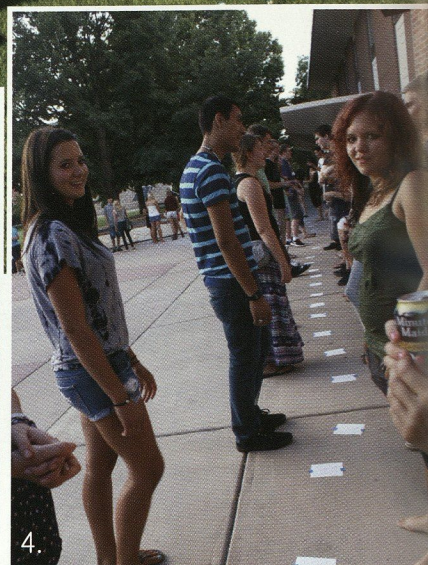




1. Shannon Doherty and Molly Diamond
2. Regis College faculty
3. Regis freshmen
4. Heather Humphrey, Abby King, and Catherine Gonzalez
5. Regis freshmen
6. Isabella Kaser, Gabe Harper, Zoe Antonow

7. Michael Kaelin, John Knudsen, and Angel Estrada
8. Fr. John Fitzgibbons, S.J.
9. RUSGA
10. Summer Minden, Ellen Lundwall, Liam Flaherty and Annie Starkey





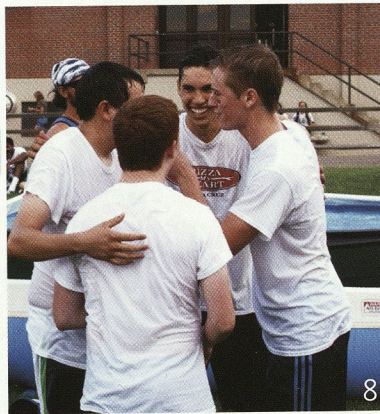
1. Color Run participants
2. Matt Barton, Ryan Barton and Tara Smith
3. Steven DeStefano, Michael Kaelin, Maggie O'Connor, Ben Kinzel, Aimee Casias, Justine Espinosa, and Libby Cole.
4. Cheyenne Alvarado and Ashtin Hulse
5. Liam Flaherty and Brent Montalbo
6. Abby Peters, Taylor Clapp, and Claire Rader
7. Color Runners
8. Sean O'Donnell, Andrew Ross, Alex Kesthely, Zach Lynch
9. Regis Students
10. Shannon Bryant and Chloe Fitzsimmons



# THE STORY

## Tim Fellin: Having a Wet and Wild Time

Starting the first year of college can be a very scary, yet exciting, experience. To make this experience a little easier, Welcome Week is designed to bring everyone on campus--freshmen and upperclassmen alike--together, welcoming everyone to the start of a new year. As a freshman, Tim Fellin had the opportunity to participate in his first ever Regis Welcome Week. Out of all of his new experiences at Regis, Tim had the most fun participating in Thursday Thrills (Battleship). According to Tim, this event "Seemed like a great way to meet other students while having fun!" In this way, Tim shows how affectively Welcome Week's events bring everyone together, integrating freshmen into the greater Regis community while allowing upperclassmen to reunite for the start of a great year.

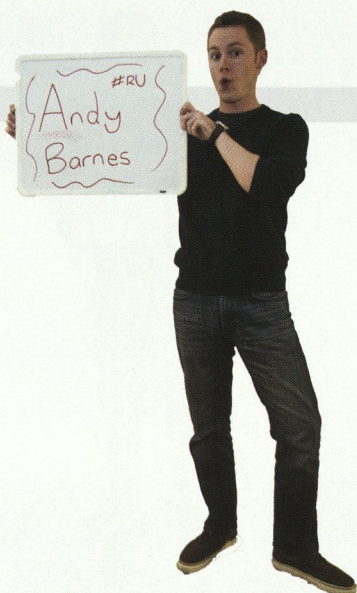


## AND THE LEGEND BEGINS!

### Welcome Week

As another school year began, Welcome Week's wide array of activities kept both students and faculty busy. The incoming freshmen learned about the school, made friends, and became Rangers (!). Classes began, and, on top of it all, the week was filled with events for freshmen and upperclassmen alike--including Uminpalooza and Brushes and Beverages on Tuesday, the Ranger Rally and a concert featuring Trace Bundy on Wednesday, and Battleship II and a BBQ on Thursday. Then, the long-awaited Color Run followed all events. Powder paint covered every crevice of the participants' bodies, and this colorful festivity set the tone for the upcoming year. With the help of all of these events, the year started with a bang, and the journey began.

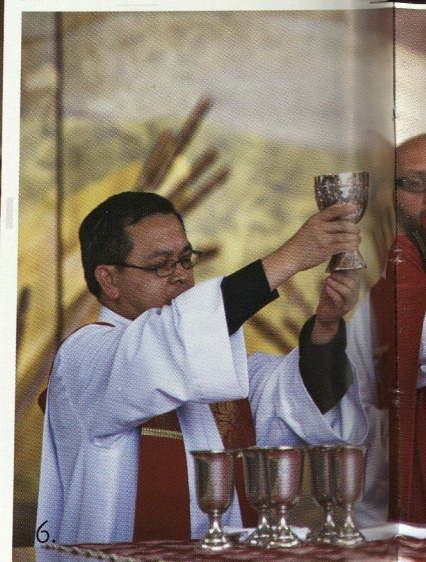
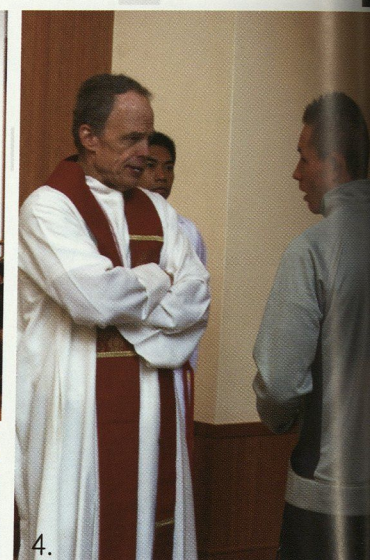
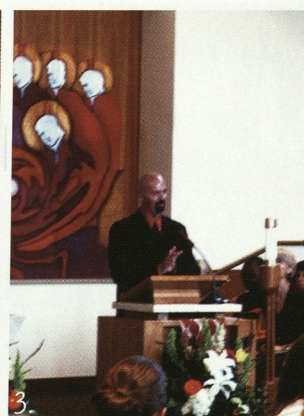
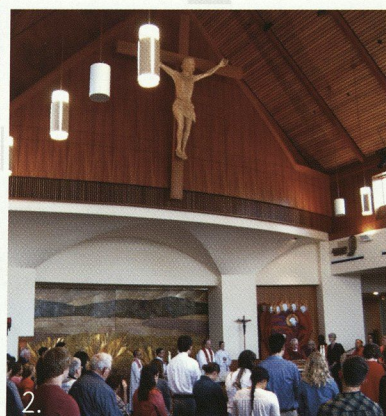
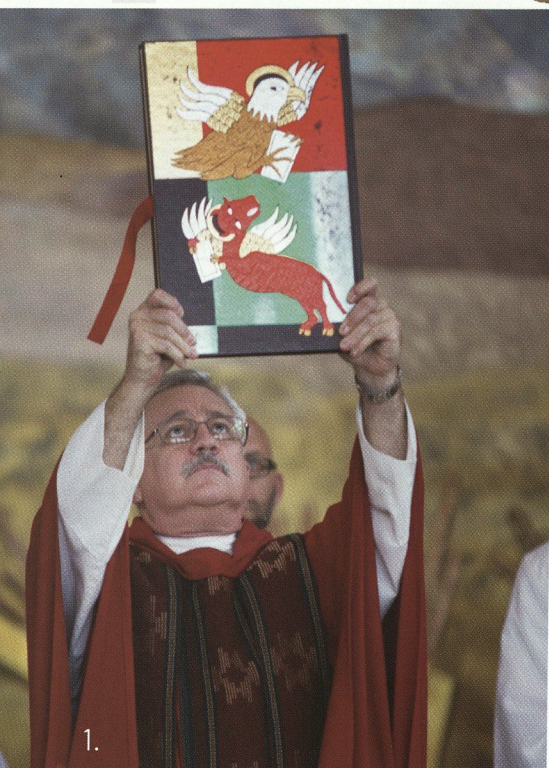




## THE STORY

### Andy Barnes: Coming Together Under God

Year after year, the Mass of the Holy Spirit continues to be very meaningful to students, as it gives them the opportunity to experience Regis through a different, non-academic lens. One such student who took advantage of this opportunity, sophomore Andy Barnes, explained, “The Mass of the Holy Spirit was the Mass where all of the community gathered together to honor a sacred Jesuit tradition. The experience was awesome because I’ve never seen the chapel so packed. It was nice to see the community come together, [and] it is important to me because it shows the importance of liturgy and gathering—whether you are Catholic or not—because it is a blessing to spend time with our peers.” Spending time with peers is a great way to build camaraderie in the Regis community, and it is a gesture that Andy Barnes gladly took part in.

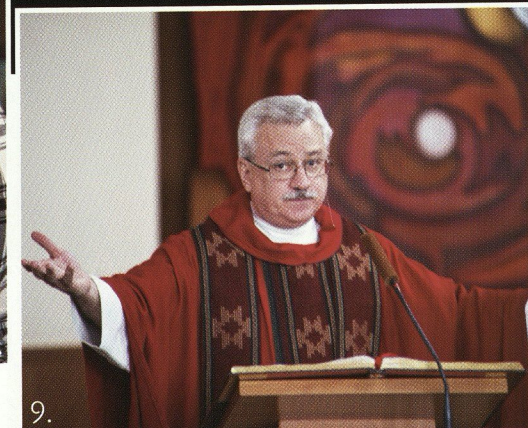
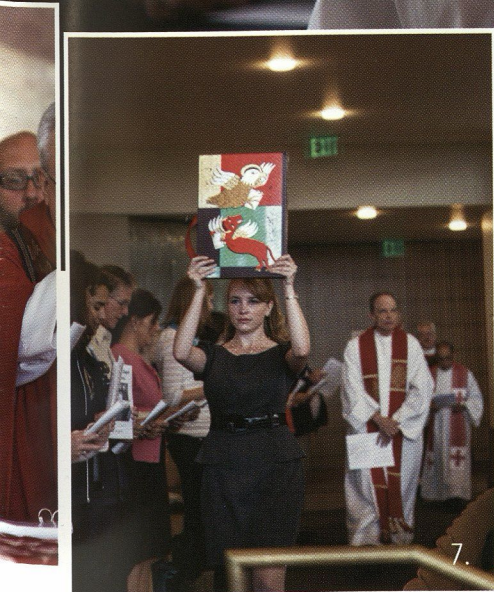


## JESUIT TRADITION ALIVE AND WELL

### Mass of the Holy Spirit

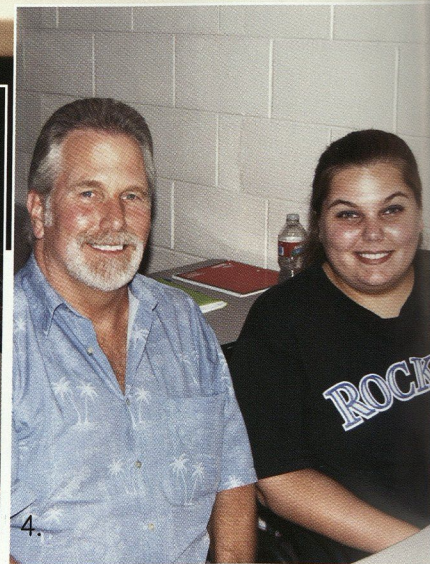
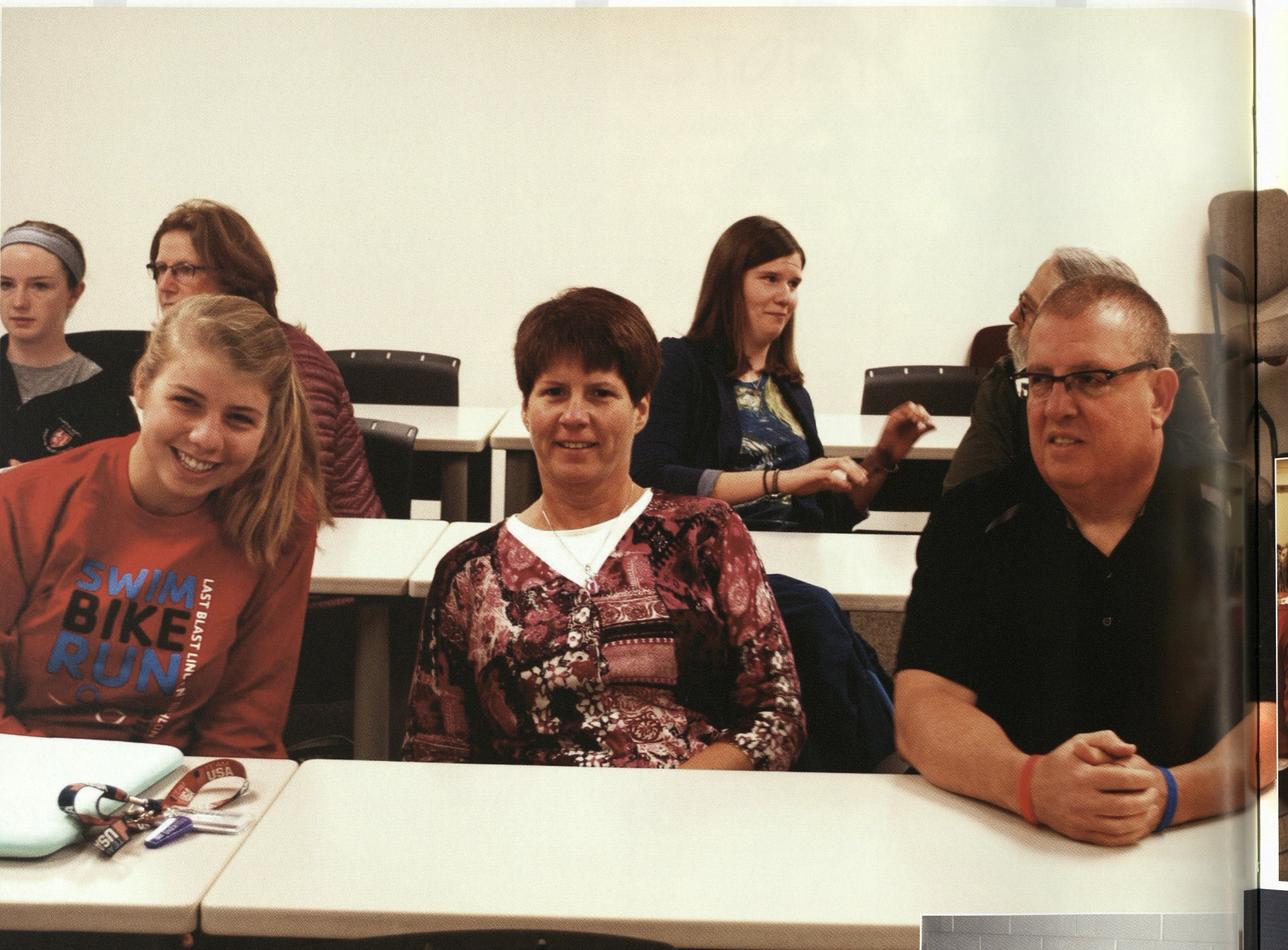
The laity rose, the music uplifted, and the priests entered the chapel, the Jesuit tradition of Mass of the Holy Spirit began. The banners, cloth, and garments that covered the St. John Francis Regis Chapel represented the tongues of fire (Holy Spirit) that rushed over the Apostles on Pentecost. According to sophomore Daniel Griego, “The Mass of the Holy Spirit gave me the familiar feeling of high school, where you go to church and see your peers together as a community.” As a Jesuit university, the gathering of the community is a vital part to the growth of the school—it is what makes Regis unique compared to the surrounding institutions. Daniel says, “It makes me proud to go to a Jesuit University, where traditions are upheld and practiced with great enthusiasm,” Events like these show that it is these traditions, which each student can appreciate, that make Regis unique.





1. Fr. Fitzgibbons, S. J.
2. St. John Francis Regis Chapel
3. Ken Sagendorf
4. Fr. Shelton
5. Fr. Shelton & Fr. Geger
6. Fr. Pham, S.J.
7. Hannah Breece
8. Veronica Valenzuela and Michael Kaelin
9. Fr. Fitzgibbons, S. J.
10. Andy Lee and the Chapel Choir.





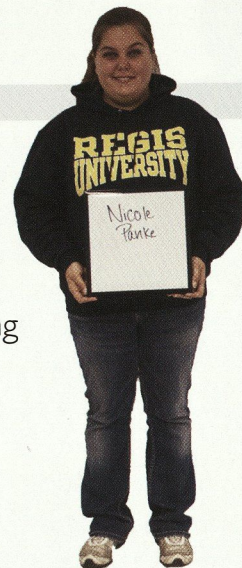
1. Ashlee Ernst and family
2. Regis students
3. Regis families at casino night
4. Nicole Panke and dad, David Panke
5. Sam Baydaline and mother
6. Regis students playing blackjack
7. Jenny Martin and family
8. Chelsea Martinez and family
9. Bruce Ratliff and family
10. Regis students



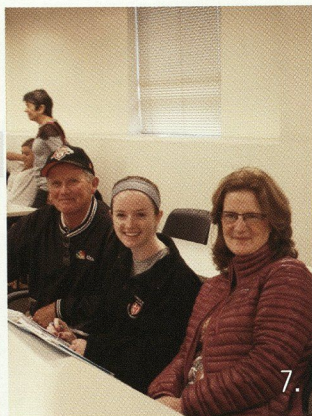
# THE STORY

## Bring Your Parents To School Day

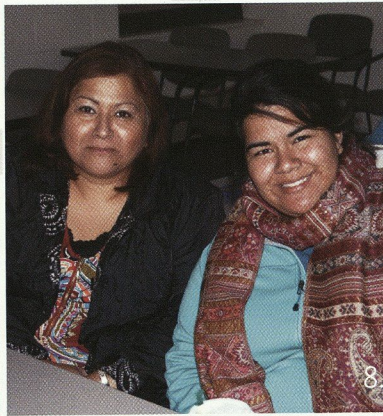
Kicking off Family Weekend, Nicole Panke and her father David Panke attended an early, 8 A.M., "Introduction to the Profession of Nursing" class. Although this was the first time that she and her dad attended class together, they both had a great time taking advantage of Family Weekend. When asked about her favorite part about having her father attend class with her, Nicole said that she liked "being able to show my dad what we do in my classes, so he has a better idea what goes on." In addition to attending class, Nicole and her father explored the office where she works. Overall, Nicole's ability to attend class with her father reflected a common experience for parents and students during Family Weekend: the ability to bond over new, shared experiences.



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5.

## RELIVING THE GLORY DAYS

### Family Weekend

With just one month down, it was time for the parents of Regis classes 2014-2017 to experience campus life. Throughout the three days of Family Weekend, many students, staff, and parents participated in fun events such as Brushes and Beverages, the soccer team tailgate, and Thursday Thrills showcasing The Mentalist Craig Karges. Of these, one of the favorite events was Thursday Thrills, during which Craig Karges single-handedly blew the minds of many of the Regis University students and their parents with his uncanny ability to know what they were thinking. Although parents and students alike benefited from events like Thursday Thrills, these benefits were very different. For example, Family Weekend gave parents the opportunity to see how much their kids learned so far and how much they had changed during their time at Regis. On the other hand, the students benefited from the presence of their parents—a presence that allowed students to let their guard down and relax with the people that they were familiar with. All in all, Family Weekend was a time for both students and parents to take the time to appreciate each other—and, with the help of some pretty cool activities, to have a whole lot of fun.

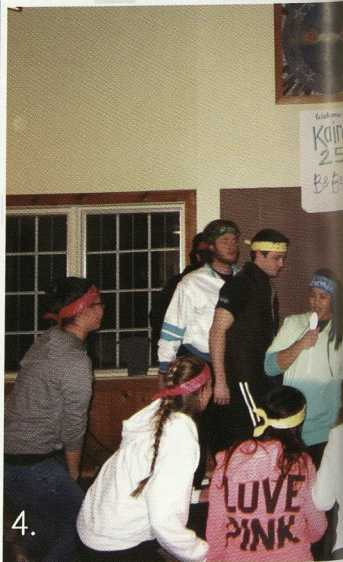
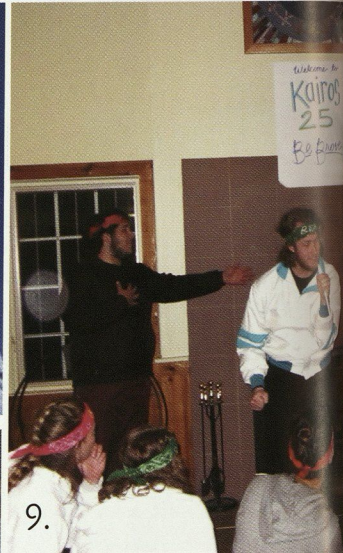




## THE STORY

### Anne Marie Gilje's Kairos Experience

The Kairos retreat focuses on self-discovery, relationship-building, and time dedicated to God. Anne Marie Gilje participated in the Kairos Retreat for the first time this year, so she had the opportunity to experience, firsthand, just how well Kairos accomplishes these three goals. She explains, "It was a good way to refocus my life, to remind me [of] God's presence in life. It's amazing to hear from peers and to experience God's presence with old friends and new friends." For Gilje, this re-focusing retreat was a very positive experience. She adds, "It has helped me to appreciate God in our day-to-day lives. Because, once you've gone through the Kairos experience with the participants and leaders, you are bonded on a whole new level—all thanks to God." From the Kairos retreat, students like Anne Marie had the opportunity to reflect and forgive—two aspects that have considerably contributed to their everyday lives.

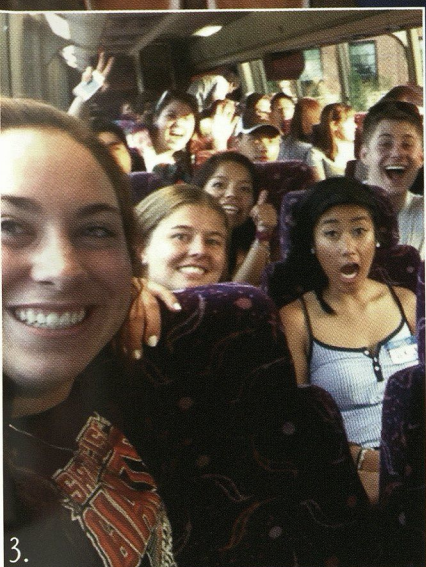


## WE'VE GOT SKILLS

### What Retreats Offer Students

Retreats confer several benefits for students, as they provide ample, new experiences and opportunities. For any retreat to run smoothly, it needs talented student-leaders—students such as Thomas Wells, Katie Cawley, and Sarah Falco. Led by students, retreats (including the Connections, Kairos, and Silent Retreats) impact students by teaching them new skills. Leader Thomas Wells says that retreats: "Strengthen so many friendships, and [they] help create new ones." He adds, "[Retreats] helped me understand how I fit into the Regis community by showing that laughing and loving and crying and running are things we all do here. We just don't realize how much we have in common with one another until we are placed in such an intimate and meaningful situation." In addition, Cawley explains a retreat leadership experience is: "A humbling experience, because you have the privileged opportunity to play a role in being someone closer to God." Falco had a similar experience. She says, "Leading helped me learn how to let go of control and just let things happen." These students had the opportunity to lead other students on their retreats while learning and participating themselves, making the retreats life-changing for leaders and participants alike.





3. Tioria Vongphackdy, Isabella Kaser, Tess Orrino, Chelsea Mitchell, Annon Hayes, Tom Stovicek, Terese Cabanting, Will Sabin, Justine Espinosa, and Jace Prokupek.

4. Thomas Wells, Conor Nistler, Clarence Wroblewski, Michael Kaelin, Mitch Fisher, Christian Schell, and Sean Typher.

5. Students on their way to the Leadership Retreat

6. Thomas Wells, Sean Typher, Terese Cabanting, Dawn Seitz, Christy Henzgen, Justine Espinosa, and Maggie O'Connor

7. The students who attended Kairos

8. Students playing volleyball on the Leadership Retreat

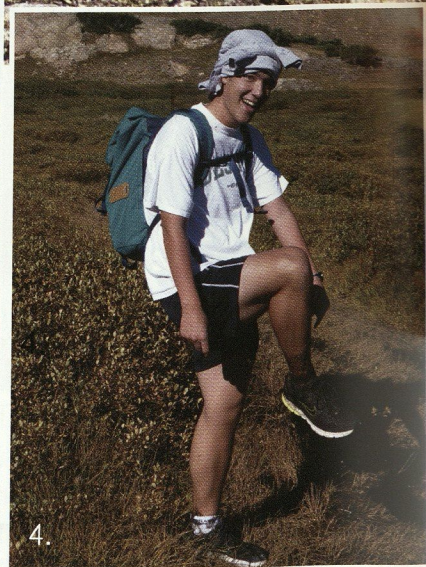
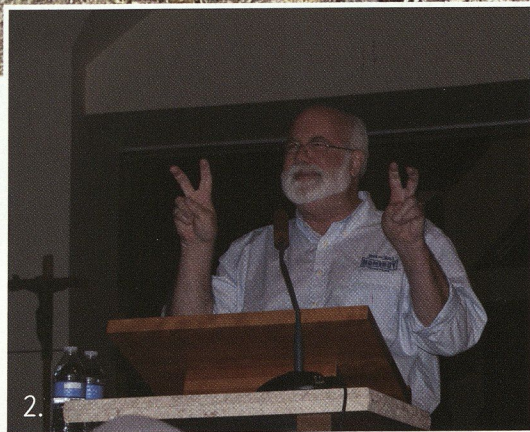
9. Angel Estrada, Thomas Wells, and Sean Typher.

10. Hattie Orzolek and Allie Holmquist

11. Angel Estrada and Thomas Wells

12. Christy Henzgen, Thomas Wells, Sean Typher, Terese Cabanting, Angel Estrada, Maggie O'Connor, Justine Espinosa, and Dawn Seitz





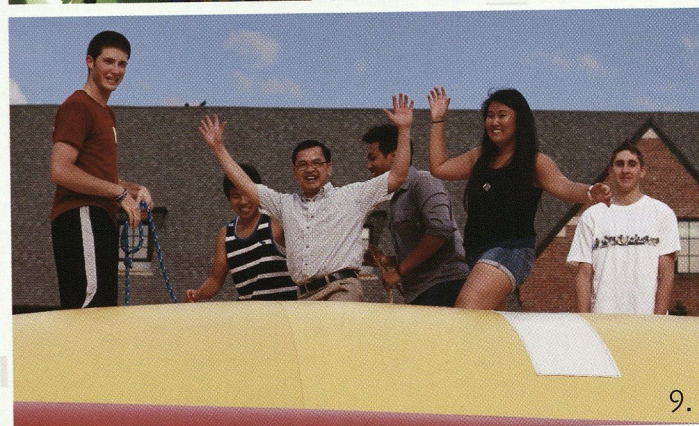
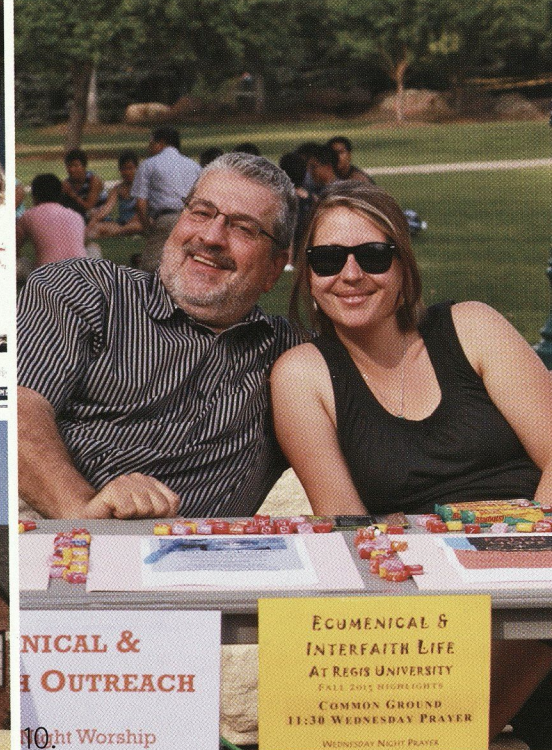
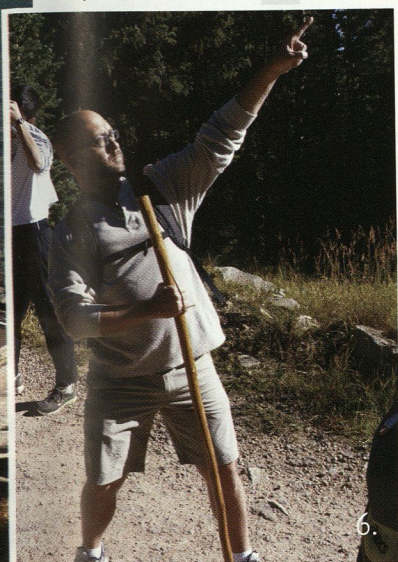
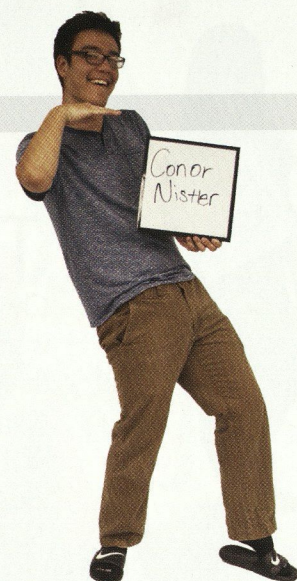
1. Students on a spirituality hike.
2. Fr. Greg Boyle, S.J.
3. Peer ministers
4. Conor Nistler
5. Forrest Smith, Brayden Weninger, and Claire Rader
6. Fr. Bart Geger, S.J.
7. Anne Marie Gilje and Leah Van Someren
8. Regis students collect for RU CAN U
9. Fr. Hanh Pham, S.J. and students at UMinpalooza
10. Ken Phillips and Quinn Waller



# THE STORY

## Inspirational Student Minister

Landing a University Ministry work-study job as a freshman, Conor continues to serve in the Ministry office as a sophomore, too. According to Conor, he continued to work in ministry because "being involved in University Ministry allows me the chance to help and [to] learn from others through faith." Not only does his work-study allow Conor to learn from others' faith, but it also gives him the opportunity to help other Regis students pursue greater relationships with God. Another aspect of University Ministry that Conor enjoys is being able to help with small-group faith-sharing programs called CURA groups, where students gather to discuss how they can grow in their spirituality. Conor's involvement in these programs allows him to gain a better connection with the Regis faith-based community while bettering his own relationship with God. Overall, Conor shows how his involvement in University Ministry allows him, alongside his work-study peers, to make his time at Regis enjoyable for others and himself.

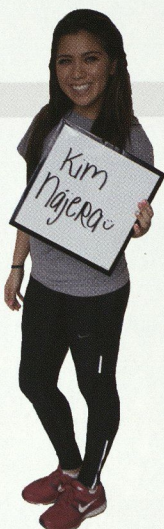


# FINDING GOD IN ALL THINGS

## University Ministry

University Ministry provides many services for students, faculty, and members of the local community. Mass services and retreats are two of the main events they host, but there are also opportunities throughout the year for members of the Regis community to become involved. Many programs in Ministry—such as CURA and the Peer Ministry Program—are designed to develop and enrich students' spirituality and faith. With the help of University Ministry, many students at Regis have the opportunity to serve their community and to discover their spirituality and faith on campus.

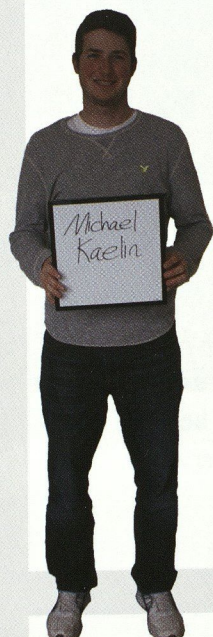
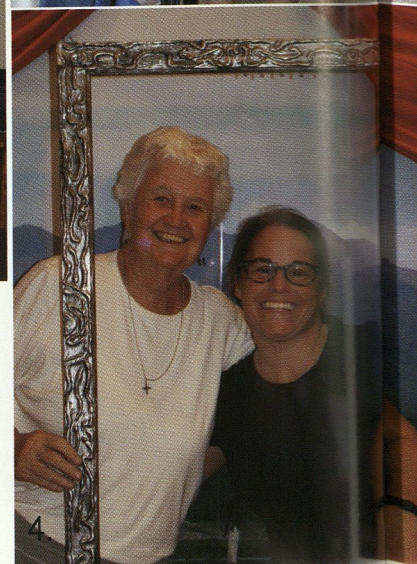
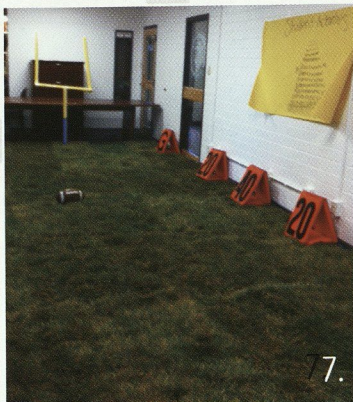
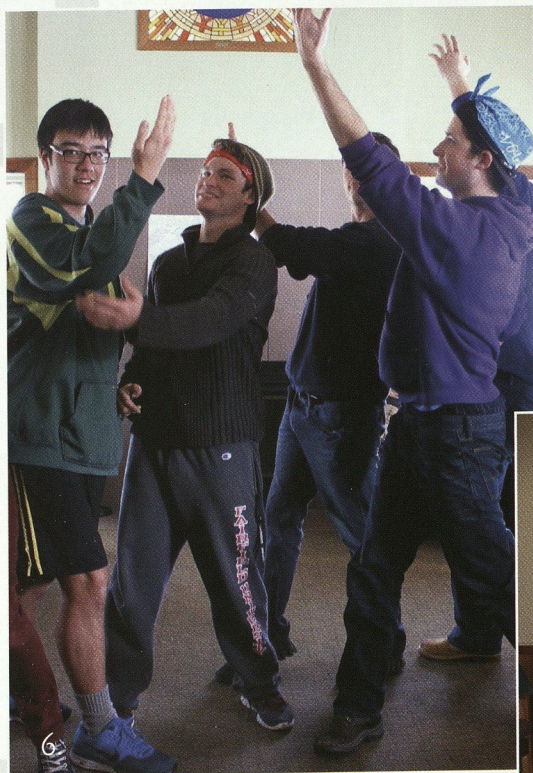




# THE STORY

## University Ministry--Creating Community

The office of University Ministry offers a wide array of events that speak to the spiritual life on campus. Kim Najera, a work-study for the office talks about her role: "I am an RCIA (Rite of Christian Initiation of Adults) teaching assistant. I get to work with the awesome Fr. Hahn, and it is such a blessing. I feel like even though I am an assistant, I learn everyday like the adults going through the program." UM offers more than just Catholic programming though, as Kim explains, "Umin is not only for Catholics but for all religions/beliefs. We provide many programs like ROHO hospitality night, Taize prayer, adoration, Grilled Cheesus and more that can really bring the community together."



# THE STORY

## Finding God in the Everyday Life of a College Student

University Ministry is an office that is known for its student led programming and its welcoming atmosphere. Michael Kaelin, a sophomore who works for UM, says he likes working in the office because it has, "helped him meet a lot of good people and get more involved around campus." As he puts it, "University Ministry gives people, catholic or not religious, an outlet to talk to people who have experience and insight into the everyday life of college students." It is clear to see that this office helps students care for their spiritual well-being through programming and mentoring relationships.





3.



2.



1.

1. Men from the Kairos retreat
2. The UM football field
3. John Knudsen
4. Shannon Hayes and Hannah Jones
5. The Kairos 25 team
6. Kristi Gonsalves-McCabe and Sr. Peggy in El Salvador
7. Viviana Bracamontes
8. Michael Kaelin
9. The UM staff
10. Fr. Hahn, S. J. and the UM football field.





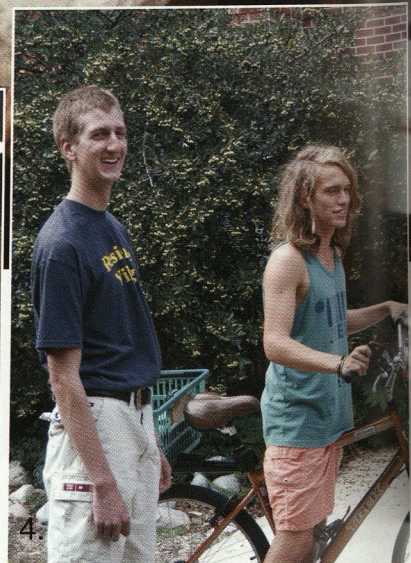
1.



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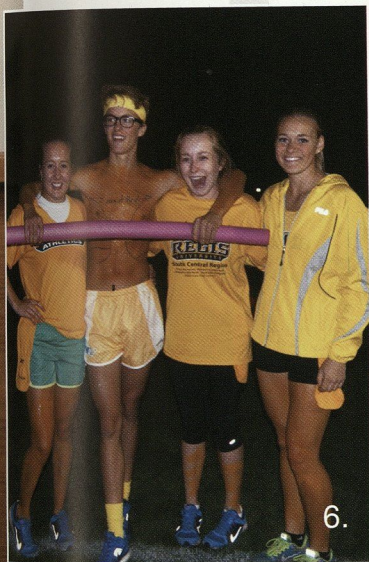
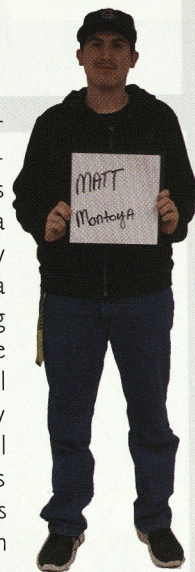
4.

1. Erica Getz, Kirby Bell, Erika Lindstrom, Conor Nistler, Sarah Stovicek, Steven Linenberger, Leanna Nguyen, Dawn Sietz, Lani Michalik, and Kate Wallerius.
2. Residents at the fall 'All-Hall.'
3. Residence life staff praying at the Christmas party.
4. Daniel Magill and John Knudsen.
5. Residents at a Super Bowl Tailgating Party.
6. Kristen Coffey, Carl Nelson, Kelly Fleming, and Kate Wallerius.
7. Erika Lindstrom and Kate Wallerius.
8. Residence Life staff at the Christmas party.
9. Res Life staff sharing a meal together.
10. Sarah Stovicek and Chris Hadfield.



# THE STORY Senior Staff Point of View

Res Life offers many opportunities that enrich the lives of residents and members of the Res Life staff alike. Senior staff member and coordinator of the Ignatian Leadership LLC, Matt Montoya, exemplifies the important qualities of hard work and dedication—and his dedication to not only his own residents, but also to residents campus-wide, makes Matt an invaluable member of the Res Life staff. As a dedicated member of Res Life, Matt habitually gets to work not only with a variety with students, but also with a variety of fellow staff members. Matt explains, “Overall, my favorite part about being on the Res Life staff is having the opportunity to work with an awesome variety of talented Resident Assistants and Senior Staff Members, ... [the opportunity] to make a positive difference for the Residents of the University, ... [and the chance to] help the residents create memorable and lasting experiences.” With two years of experience working for Res Life, Matt has planned and participated in many programs. For the character that it revealed about the Regis resident community, one of his favorite activities was, as Matt explains, “[The] All-Hall Quidditch Program. Although it was cold, I was really impressed with the student body that was able to attend, because they played their hearts out! It was also a pretty cool experience to watch the freshman hold their own!” You could say that this All-Hall Quidditch Program was one in which the student body fed off of the dedication of Res Life staff members—including Matt—as they dedicated themselves to winning the Quidditch cup for their “house.” Thus, it is because of the dedication of staff members like Matt that students do not just live on campus—they also create friendships, families, and a sense of community that enrich their lives.



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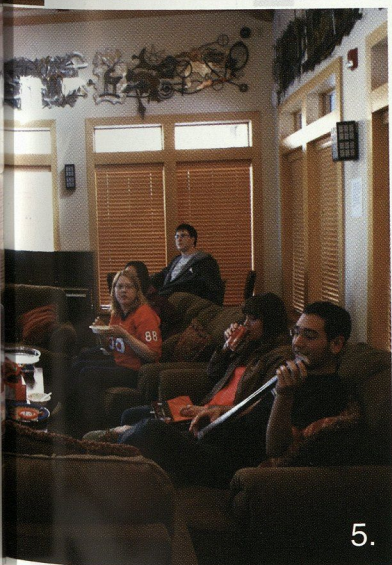
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## CREATING CAMPUS COMMUNITY

### Residence Life is Not Just a Job: It is a Task of Community

Although the Regis Residence Life (Res Life) staff is diverse, every member of the team has the same priority when it comes to his/her job: to form a sense of community on his/her floor and hall, through programs and events. Regarding the importance of this task, O’Connell RA, Kirby Bell, explains, “Being part of Res Life is my way of helping to create the amazing ‘Regis’ that everyone loves”—an amazing Regis that essentially centers on community. Of the many programs designed to accomplish this goal, one program that particularly contributed to the community feel was the “British Invasion Party.” Lani Machalik explains, “My favorite program so far has definitely been Katie Vulech and my ‘British Invasion’ party. We had tea and crumpets and...an awesome teacup-buying extravaganza at the thrift store. We also watched *Harry Potter*, and it was just a relaxing evening. And the people that came seemed to have fun!” Fun and community: the two ingredients that make up any successful Res Life event. Overall, although the Res Life staff has many different jobs throughout the school year, staff members’ main goal is to make sure that their residents get the “Regis experience” in their campus lives—an experience of





# THE STORY

## Brittney Moauro's Ignatian Experience

Brittany Moauro, a senior, was a part of Ignatian Leadership Living Learning Community. The Ignatian Leadership, Moauro describes, “Is the next step of the Magis LLC. Ignatian places an emphasis on community within our homes, Regis, and the overall community. We focus on serving the neighboring community by addressing common issues [it] may face.” Being a part of Magis freshman year inspired Moauro to join Ignatian Leadership, continuing to be a part of this LLC for the past three years. Moauro explains, “By participating in an LLC all four years, I not only made incredible friendships, but I was [also] provided with an opportunity to step outside my comfort zone and serve populations I was unfamiliar with. The feeling I received by working with the community is indescribable, as I know at the end of a hard day [that] I did a job well done. That is something Regis has given to me.” Moauro will graduate with not only a double major in Sociology and History, but also with the knowledge that she helped her community—a sentiment many graduating participants of LLCs share.



## LIVING WITH PASSION

### LLCs: Creating Communities of Passionate People

There were seven Living Learning Communities (LLCs) around campus: Magis, CORE, Pre-Business, Pre-Science, Arts & Pop Culture, Ignatian Leadership, and Healthcare Professions. Each LLC aimed to provide students with the opportunity to connect and to share their interests and passions with others, while providing students with a unique social experience to build relations that can last a lifetime. Freshman Lauren Clappisi, a member of Magis, described the goal of her LLC: “The literal meaning of magis is ‘more,’ meaning that we want to make more of our college experience, make more of ourselves, and make more of the community around us. We want to do this through the act of community service.” Living in this sort of community of “more” builds bonds that would not be there otherwise—students are surrounded by those with similar views and morals. John Moritz, a member of C.O.R.E., had similar things to say about his experience in an LLC. “C.O.R.E. is all about the outdoors. It stands for Colorado Outdoor Recreation Experience—so basically we experience Colorado. It’s been great getting to know everyone on my floor in that way.” Through his words, John shows how his CORE community, like the Magis community, provides students with the opportunity to get to know each other and build friendships. Overall, LLCs are a great way for students to connect with those living around them in a unique way by grouping students with similar passions and goals.





1. Rachel Lockwood, Anne Marie Gilje, Morgan Mertz, Sarah Stovicek, and Michaela Marquez

2. Magis LLC

3. Art & Pop Culture LLC

4. Core LLC

5. Magis LLC

6. Art & Pop Culture LLC

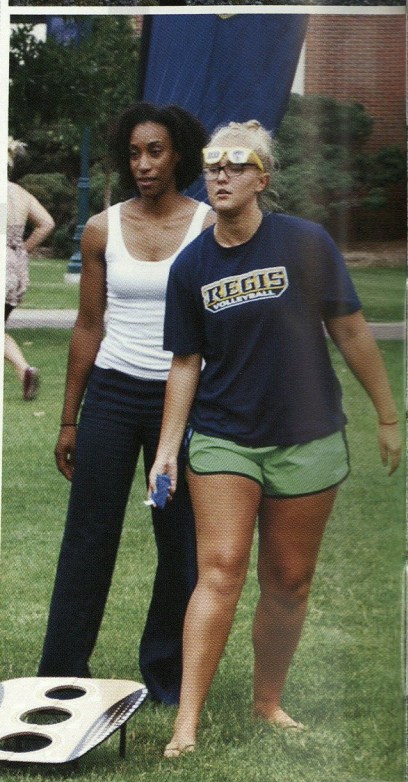
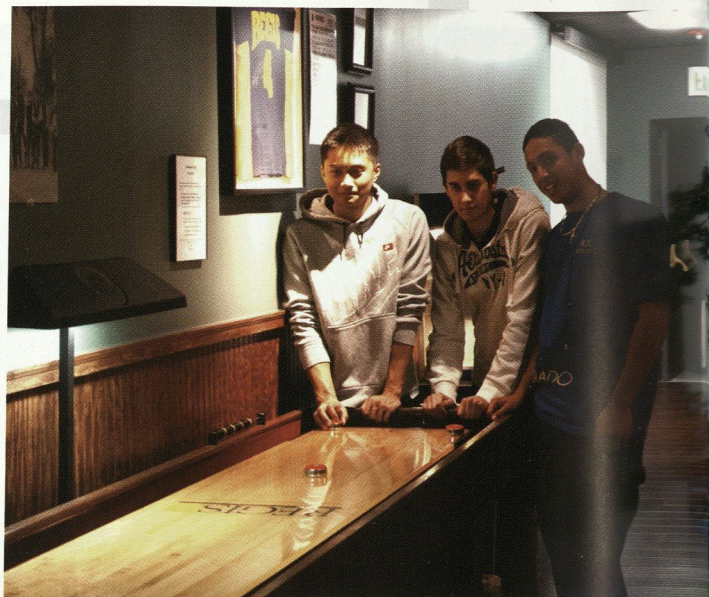
7. Bobby Dennis and Tobi Korth

8. Sarah Mackey and Angelica Moreno

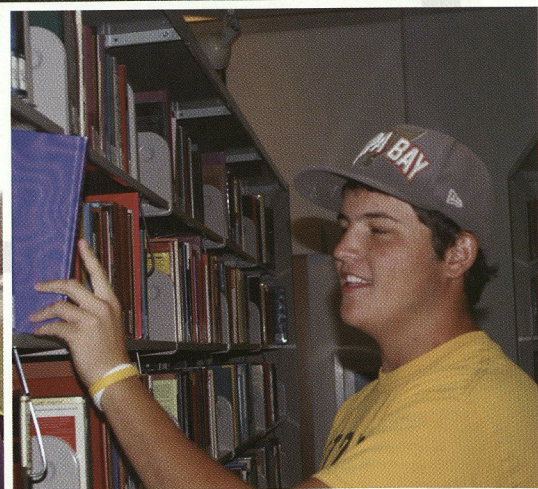
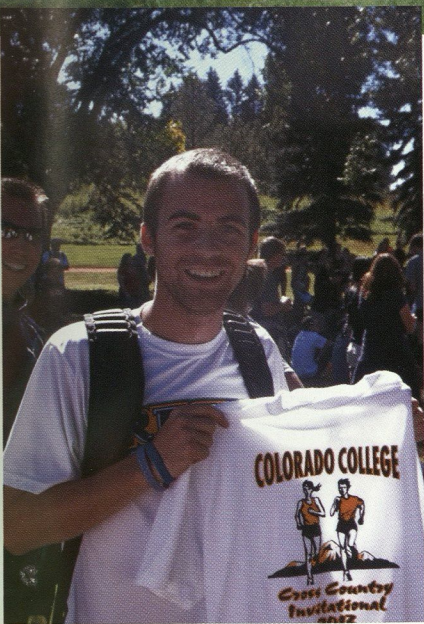
9. Core LLC

10. Core LLC

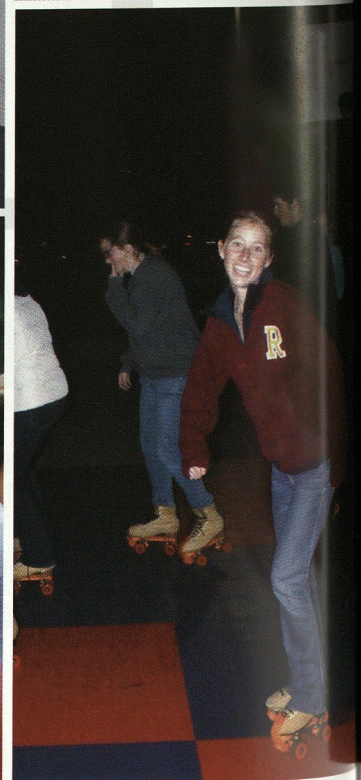
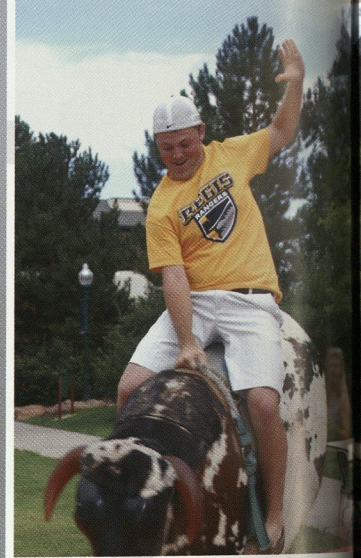
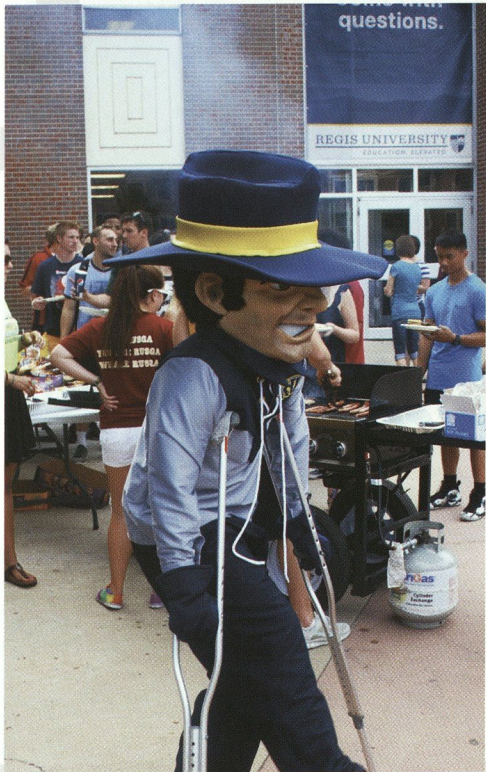
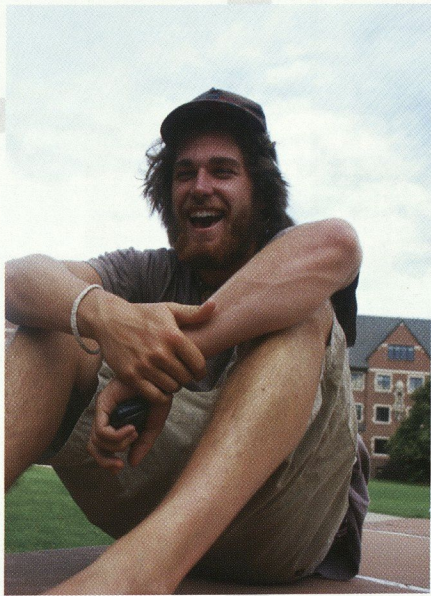




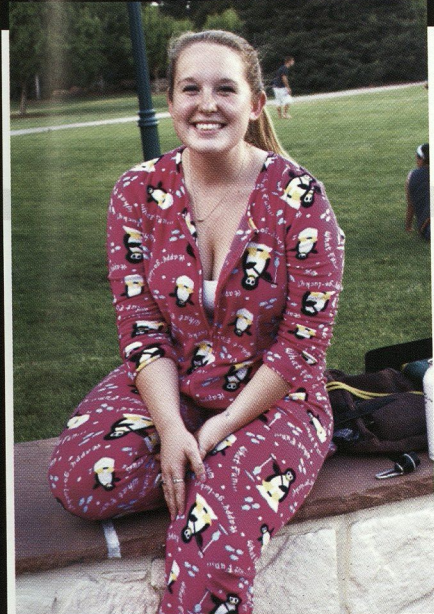
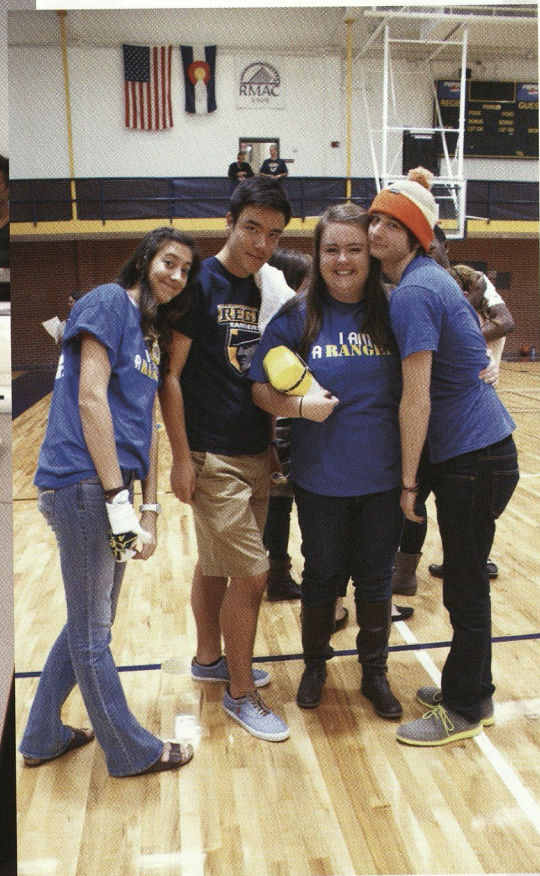




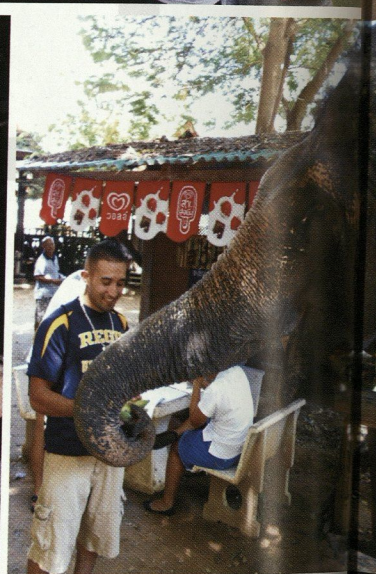
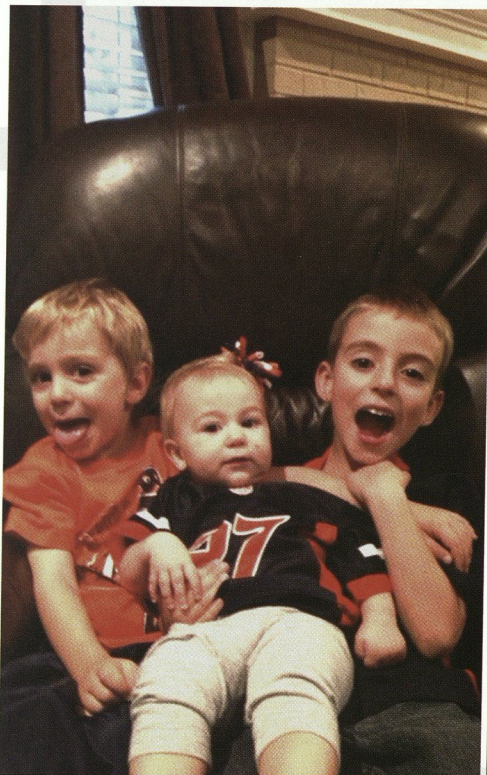




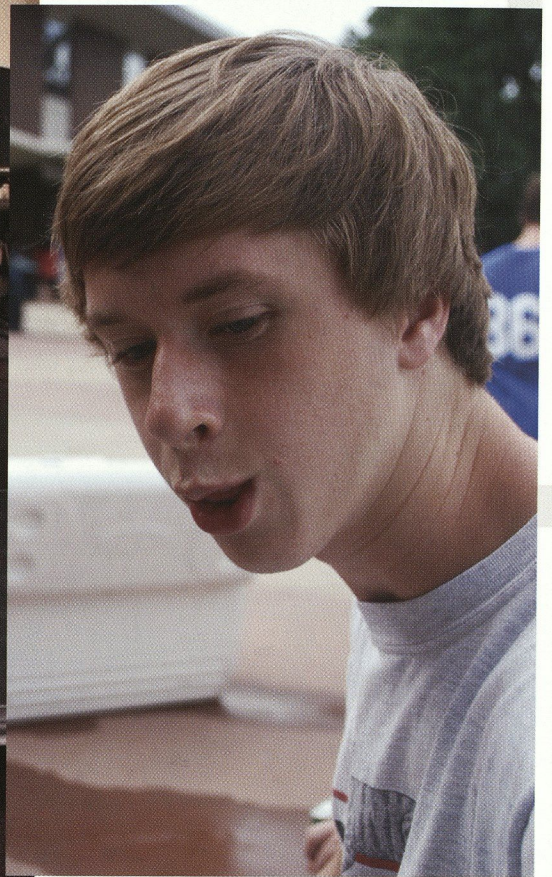




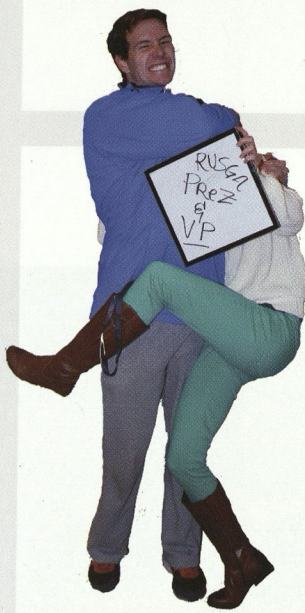












## THE STORY

### A journey well-lived: The Term of President and Vice President

Their time in office was short, but well lived and an experience, President Shannon Hayes and Vice President Will Sabin will never forget. It was phenomenal and transformative as Hayes and Sabin not only further developed their leadership skills, but transitioned into their final year of college. They had a lot to accomplish and the stakes were at an all-time high for the leadership duo. Their term as President and Vice President was not easy, but an integral part of their Regis experience and development as adults. "My experience with RUSGA was the icing on the cake for my Regis experience. I have been involved in several different things on campus and I felt that being able to serve this school as Student Body President was the best way I could express my gratitude for the many lessons I have learned as a student," said Hayes. These lessons from past leaders were central to their decision to run as a ticket in the first place, for Sabin, the second-term VP said, RUSGA has been a big component of my Regis experience here. I have done so much with my RUSGA team, met so many great people throughout the years, and seen Regis transform over the past two years and to know that I had some influence on that, is pretty awesome! RUSGA has taught me so much and I am very fortunate the Regis Student Body trusted to represent them over the past two years." As they passed the reins over to the next year of leaders, Hayes and Sabin reflect and know that they have a lot to be proud and thank all the students who believed in them and allowed them the chance to lead.



## THE STORY

### The Voice of the Students: Terese Cabanting's Time as Chief

The Student Handbook is one of those suggested reading materials most students never dive into. However, for Chief Justice Terese Cabanting, this was a book she had read cover to cover. As Chief Justice, Cabanting and her board were an integral part of the student judicial process and served as advocates to students going through it. "The Judicial Board is a great opportunity to have students share their stories and to prove that they have a voice at Regis too. It enhances our sense of community and shows that students have a say in how Regis operates," said Cabanting. As a member of the Executive Cabinet, Cabanting, oversaw a Judicial Board made up of justices she appointed and choose to properly represent the student body in addition, to contributing to the RUSGA mission and supporting her colleagues and fellow students. Cabanting served two as a Chief Justice; an experience that she said was "...tiring, time-consuming, and enjoyable," and one that was truly a large part of her leadership development and Regis experience.





# THE STORY

## The Influence to make change, RUSGA Executive Cabinet

"First and foremost, I LOVE Regis University. I love this school. I am so passionate about our mission, our values, our education, faculty and staff, community involvement, student leaders, activities, games on the quad, people I've met, and the opportunities Regis provides us. With that being said, I want to spread my passion, my love for Regis, and do things to make sure more people feel that way about our school. First and foremost, I LOVE Regis University. I love this school. I am so passionate about our mission, our values, our education, faculty and staff, community involvement, student leaders, activities, games on the quad, people I've met, and the opportunities Regis provides us. With that being said, I want to spread my passion, my love for Regis, and do things to make sure more people feel that way about our school."

-Ellen Lundwall, Candidate for President



"Having the opportunity to serve on the executive cabinet this past year as the Director of PAC (Programming Activities Committee) has been my true inspiration for wanting to be President. My passion for Regis is not only a big influence but more so the passion I was able to see through others this past year while being on RUSGA. I am inspired by the people I go to school with and the ideas they have to not only make Regis a better place but everything and everyone around them. I want to President to work with these people even closer and allow RUSGA to be a stronger support system for their ideas."

-Justine Espinosa, Candidate for President



"Throughout being at Regis I have worked in Student Activities and Residence Life, two influential departments on campus. While working in these departments I have always seen things I want to change; whether it's trouble in the residence hall or trouble with programming. I am running for Vice President because I believe other student share similar frustrations with me (and I'm sure they have frustrations I have never thought of) and I want to be able to give them a voice to express their concern."

-Thomas Wells, Candidate for Vice President



"After serving on the executive cabinet as Director of Community-Involvement, I found a passion for student government. I served my committee and the cabinet enthusiastically and discovered enormous possibilities within RUSGA. The biggest influence to run for the position of Vice President comes from seeing the personable and driven past RUSGA Presidents and Vice Presidents change the school for the better. I aspire to help improve the school in some way similar to past RUSGA officers."

-Jace Prokupek, Candidate for Vice President



"Being on the judicial board this past semester was an amazing experience. I felt that I was now in a position here at Regis where I could finally give back to the students and help them out in a way that I couldn't before. Besides, we have all been in trouble, whether by your parents or somewhere else, and I just think that we all need a fair trial."

-Sean Huft, Candidate for Chief Justice

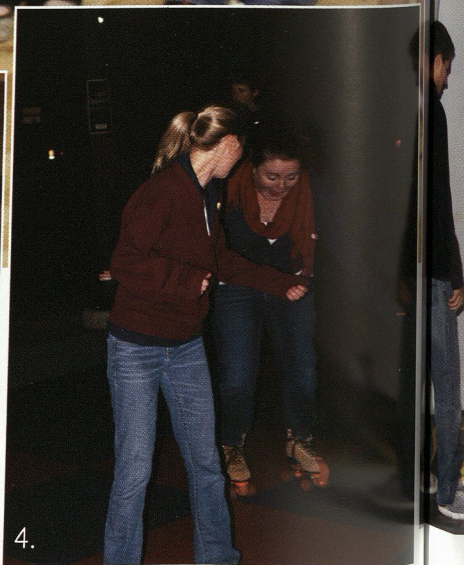
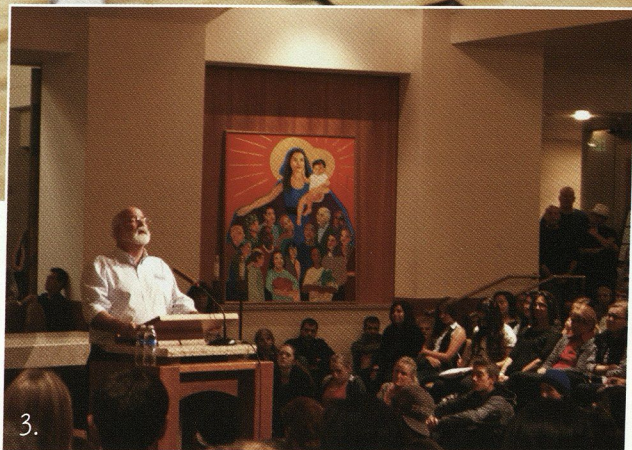


**2013-2014 Executive Cabinet:**  
 President: Shannon Hayes, Vice President: Will Sabin, Chief Justice: Terese Cabanting, Director of PAC: Justine Espinosa, Director of HAC: Tess Orrino, Director of MAC: Geolina Deocariza, Director of CIC: Jace Prokupek, Director of SIC: Chelsea Mitchell, Director of Sustainability: Jack Bradley, Director of Social Justice and Spirituality: Maggie O'Connor, Director of Marketing and Media: Toria Vongphackdy, Director of Campus Relations: Dexter Schiller



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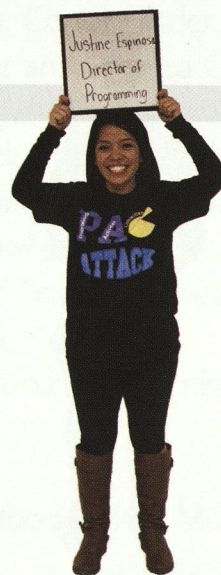
1. PAC committee members
2. Audience members getting their minds blown
3. Fr. Greg Boyle, S.J.
4. Shannon Hayes and Katie Cawley
5. Brett Hergenreter
6. Jordan Spring
7. Players in the Old and Blue basketball game
8. Trace Bundy
9. Justine Espinosa and PAC members
10. Muchachas play gatorade-pong



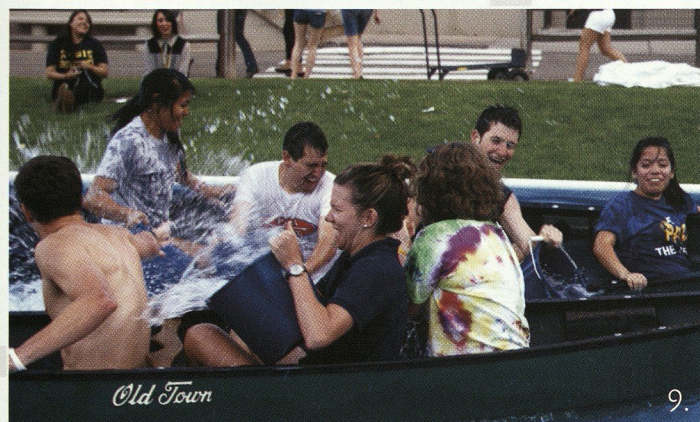
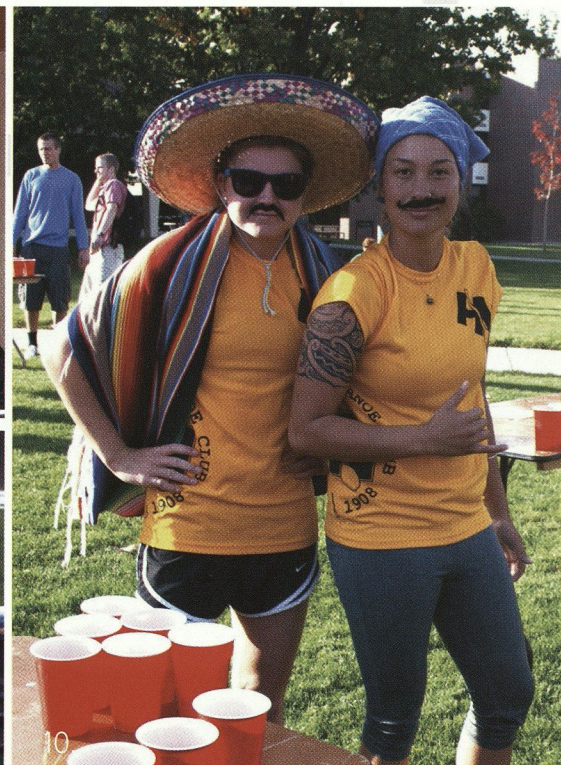
# THE STORY

## Justine Espinosa: The Program Keeper

As soon as she started participating in RUSGA's Programming Activities Committee (PAC) last year, Justine Espinosa decided that she wanted to become the PAC Director. As our PAC Director, she took on some pretty big initiatives to make this year's programming one to remember. When explaining these initiatives, Justine said, "This year, I wanted to make the events interactive and allow my committee to play a big role in planning the events. [I also wanted to] let the student voice be heard in the programs on campus." Although these big initiatives can be stressful, Justine gives off vibes of happiness and leadership wherever she is during a PAC program—and she says that that being in charge is stressful but worth it because she has an awesome committee, with each member's commitment and effort vital to successful programming. Overall, Justine's strong leadership and positive attitude allowed her to achieve some pretty big programming goals and to lead creative programming for the entire student body to enjoy.



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## CREATING COMMUNITY

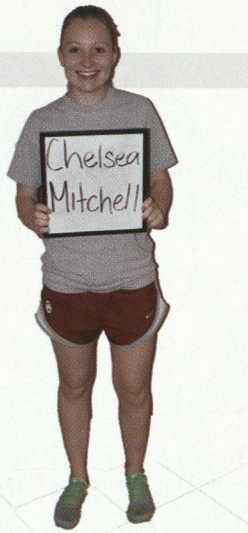
### PAC: The Pleasures and Pains of Programming

When choosing colleges to attend, many people consider the campus community. The Regis community is definitely a very special one, and being connected and a part of this great campus life can create countless lifelong friends. Programming Activities Committee (PAC) is one of the clubs that creates strong bonds between not only its committee members, but the students that participate in the events as well. Sophomore Libby Cole says, "The PAC family is incredible! I love being a part of the campus, and PAC is a great way to do so." PAC puts on weekly events such as Thursday Thrills and weekend programming to entertain students and allow them to all come together—on or off campus. When taking a step back to look at what actually goes into planning events, Michael Kaelin says, "We pretty much look at what went well in the past and what relationships we have already built with past performers. We also look at what was missing in the past years and come up with new ideas for the current year. We all get to add our own personal touch!" To provide us with a more behind-the-scenes look at what goes into the planning, Kailee Morton says, "We meet every week to put together these events, and it is definitely more work than you'd guess! As the Assistant Director, it is really nice to see all the students' heads together and what ideas we all come up with." PAC is only a small family on campus, but it helps bring people together to create the close community presence on campus—the very community that makes us special.

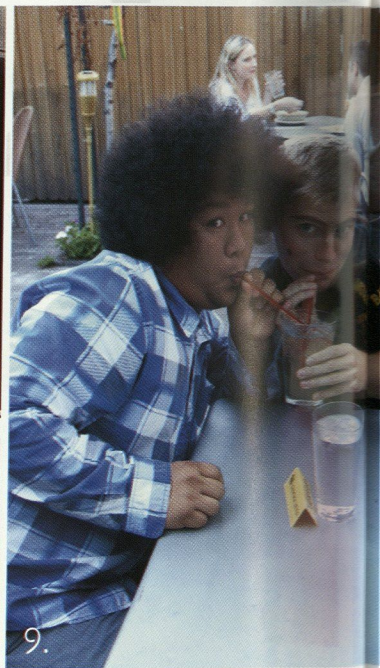
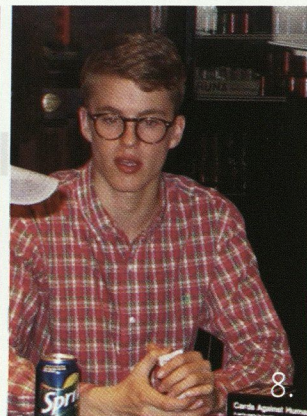


# THE STORY

## Uniting Students in Fun



Who says staying on campus can't be fun? With events like Snow Ball and Ranger Day, it is hard not to be proud to hang out at school. All of these events are coordinated by the Student Involvement Committee, or SIC. "This committee is important to Regis because it is our sole job to plan and promote student involvement on campus, through every facet of Regis," says Chelsea Mitchell, director of SIC. SIC events aim to unite the student body as one social community having a good time. Although planning such huge events can be challenging, seeing students united in fun makes the hardships worth it. "Personally, planning Snow Week and Snow Ball has been the best thing I've done. Planning a whole week of events and a dance at the same time is no easy thing, but just seeing events full of people having fun made everything worth it," explains Chelsea. With all that SIC organizes, it makes everyone proud to be a Ranger.



What is your favorite part of being in SIC?



"My favorite part is helping students on campus get more involved and have more school spirit."  
- Justine Tramontana



"I like being able to plan events for the students and being able to be a part of a fun group of people."  
- Frank Graziano



## Why did you want to be a part of CIC?

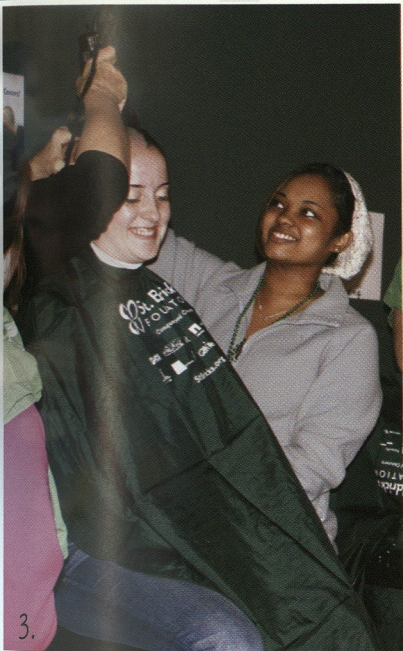
"We are trying to mend the relationship with the local businesses by bringing more of their business on campus through different events, like the catering for Relay For Life and the food that we provided after the community clean up." -Kirby Bell



"I joined CIC because I wanted to get more involved in the community and get the community members more involved with Regis." - Brayden Weninger



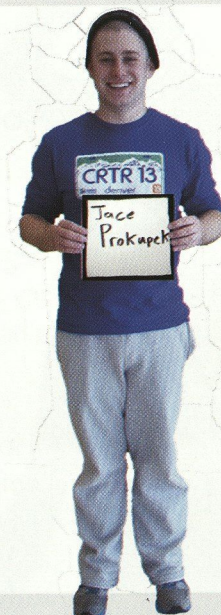
1. Forrest Smith, Conor Nistler, Genevieve Miller and Chelsea Cabanting
2. Kelly Fleming and Jace Prokupek
3. Sarah Stovicek and Seyanna Hitt
4. Students rooting on their favorite team at the Super Bowl party
5. Study Abroad Peru event put on by CIC
6. Liam Flaherty
7. Enjoying the board game night put on by SIC
8. Carl Nelson
9. Brent Montalbo and Jake McCleerey



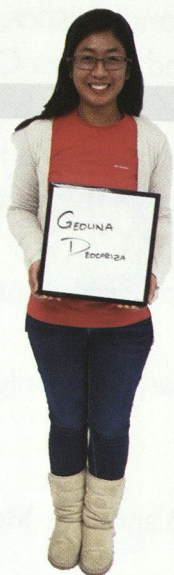
## THE STORY

### Staying Connected

In a way, the Community-Involvement Committee (CIC) is Regis's lifeline to the world. As the director of this lifeline, Jace Prokupek and his committee members connect Regis and its students to the community around us, thereby helping our school build its popularity amongst community members. "In recent years especially, the community has felt shut out by Regis," says Jace Prokupek. He continues, "Students also have a tendency to judge our neighborhood as unsafe and do not leave campus. We try to bridge the gap." His favorite gap-bridging event this year involved helping to clean up the neighborhood near Regis, in order to improve our community's sustainability. As this event—and several like it—show, Jace Prokupek and CIC allow students to get involved locally, along with their Regis peers. As the school grows and prospers, so will the surrounding community—along with our lifeline to the world.



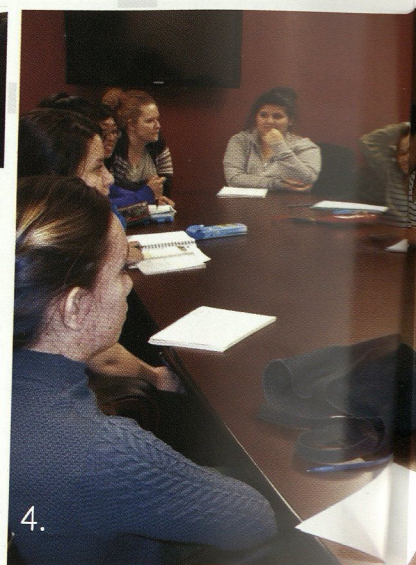
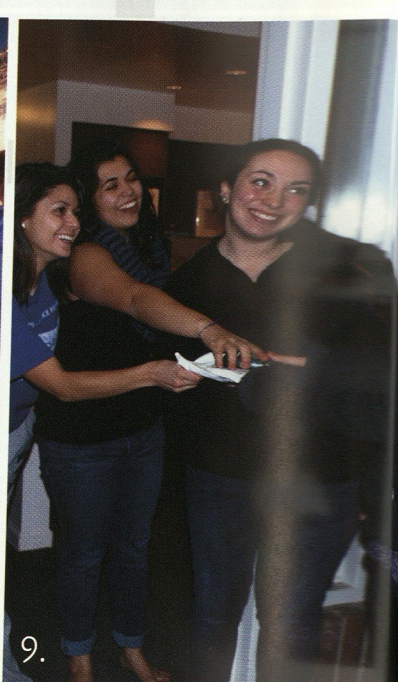




# THE STORY

## Uniting Cultures From Every Continent

All over the world, people of different cultures and ethnicities interact with each other on a daily basis. The same is true at Regis. Just from looking at someone, you may not be able to tell where (s)he comes from, or the cultural experiences that (s)he has enjoyed during his/her lifetime. Delving deep, the Multicultural Affairs Committee (MAC) helps join students of all different cultures and bring everyone together to share different traditions—to celebrate the unity of campus diversity. MAC Director, Geolina Deocariza, says, "This committee is in charge of the following four affinity groups: Asian Student Alliance, Black Student Alliance, Gender & Sexuality Alliance, and Mi Gente. The presidents of the affinity groups are MAC members. MAC assists these affinity groups financially and supports them in all of their programs and events." So, not only does Geolina make it possible for MAC members to help plan events and show diversity, but she also enables all of the affinity groups to do the same. Although it empowers the affinity groups, MAC has had its share of challenges. Geolina explains, "[It has been difficult to] get MAC's, Affinity Groups', and Diversity Office events/programs well advertised/marketed on Regis' campus, and [we] have even more [difficulty getting] Regis students involved and attending the MAC events." Despite these challenges, MAC successfully planned and executed: "Introductions of the Heritage Weeks, especially with the Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) Pride Week and Asian-Pacific Heritage Week." Because it enables so many groups on campus, there is no doubt that MAC was busy this year, representing as many cultures as it could.



### Why did you join MAC and what's your favorite part?



"I joined MAC because I wanted to be more involved at Regis. My favorite part of being in MAC is working with my co-members and helping with the events; it's like being a host at a big party." - AnhThu Le



"I joined because I wanted to be more involved on campus. I also enjoy meeting people, and being on MAC allows me to do that. My favorite part is learning more about diversity; it is more than race, there is also culture, language and socioeconomic status." - Melissa Mendes



## What is your favorite part of being on HAC?

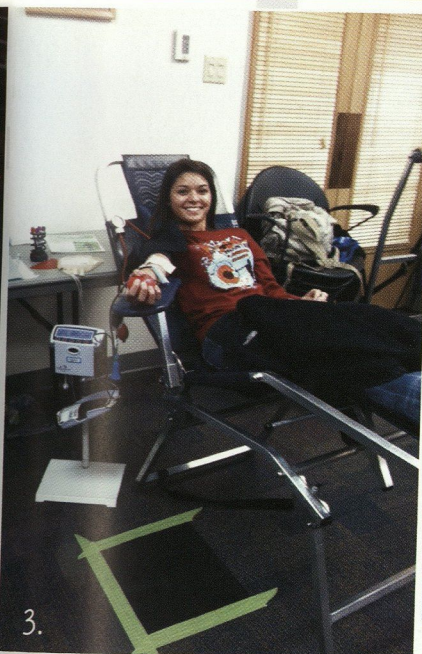
"My favorite part of being on HAC is promoting health and wellbeing to the student population at Regis. Being able to provide resources and plan events for my fellow classmates is an awesome feeling. Step It Up, the annual competition put on by HAC, is always really fun to plan and participate in. I appreciate that all aspects of wellbeing (spiritual, social, physical...etc) are represented in this two-week long event. I am glad I am a part of HAC this year!" – Aleina Tanabe



"My favorite part of being on HAC is knowing that we have the ability to put on programs that increase the health consciousness of our student body in every respect. It's not just about the physical body, and, through HAC, I have been able to help people understand that with campaigns such as "Zero Means Nothing: A Declaration against Body Dissatisfaction." – Leah Van Someren



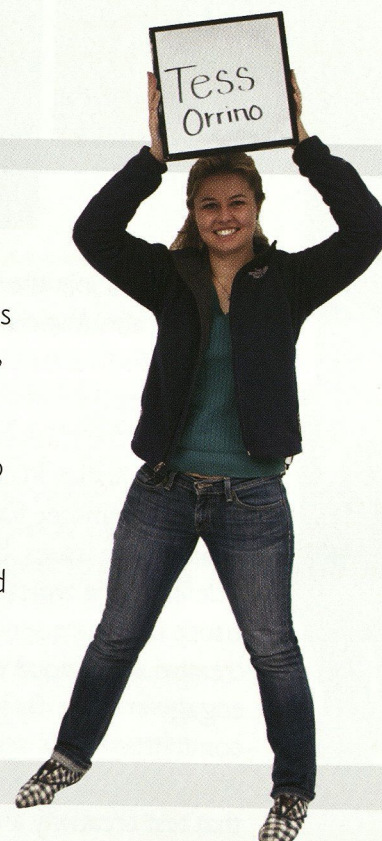
1. Aleina Tanabe, Heather Humphrey, Maggie Koby, Trissana Burke, Tess Orrino and Leah Van Someren
2. Tess Orrino, Heather Humphrey, Leah Van Someren and Maggie Koby
3. Marisa Emond
4. MAC planning meeting
5. Affinity group members of MAC
6. Jennie Le, Geolina Deocariza, and Abbey Esbenson
7. Joseph Martinez, Melissa Mendes
8. MAC during a weekly meeting
9. Aleina Tanabe, Isabella Kaser, Melissa Mendes, and Marisa Emond



## THE STORY

### Spreading Awareness on Campus

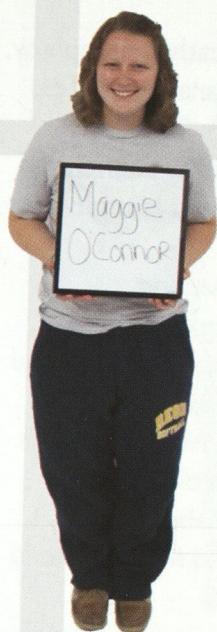
Every day, doctors, nurses, and scientists work to ensure the health of people all over the world. Health and health awareness are important parts of our lives, allowing us to live life to the fullest. The Health Awareness Committee (HAC) joins this mission by spreading health awareness on campus. Director of the committee, Tess Orrino, says, "I think the opportunities for HAC are endless (another reason why I wanted to be the Director). This year, we did HAC Attacks, gave students free massages, planned a yoga night, and, of course, Step It Up." Although this job is a lot of work, Orrino, a current nursing student, loves to help others by spreading the awareness. She also joined because, as she explains, "I was on the committee my junior year and I had a great time! I love being involved at Regis, and I wanted to be part of RUSGA." As great as being involved can be, it also comes with many challenges. Orrino says, "The most challenging part of HAC is planning events & programs for Regis that the students will enjoy. The committee puts a lot of time and energy into planning, and we want students to like what we are doing." Although event planning and hosting may be a bit challenging, there is no doubt that the members of HAC, Tess Orrino included, enjoy spreading awareness about healthy living on campus as they work hard to represent their committee.



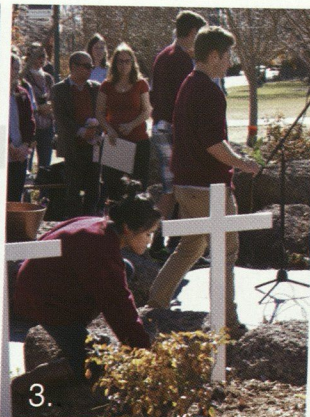
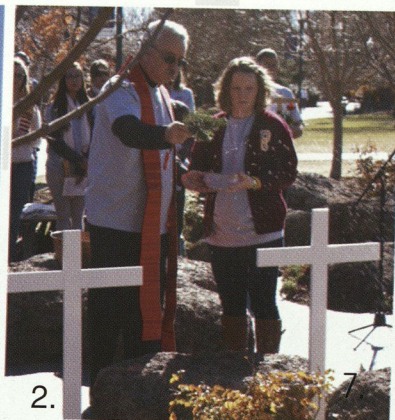


# THE STORY

## Maggie O'Connor: Bringing Awareness About Justice to All



Social justice and spirituality are two focal points of a Jesuit education, and the RUSGA Social Justice and Spirituality Committee works to make these focal points tangible. As the Director of RUSGA's Social Justice & Spirituality Committee, Maggie O'Connor enjoys bringing together and facilitating a group of individuals who are interested in bringing awareness of social justice issues to this community. With her team, Maggie spreads awareness through fun and educational programs. As the leader of the committee, Maggie also serves as an essential connection for students and faculty alike, letting them know about resources, programs, events, and information related to social justice and spirituality on campus. Leading the committee and serving as this resource can be both time-consuming and stressful, and, thus, it requires a lot of passion. While explaining her passion, Maggie says, "Regis is a Jesuit University, [and] the committee should allow these issues [of social justice and spirituality] to be looked at through various religious and spiritual lenses, being conscious of the diverse community Regis fosters." Overall, Maggie O'Connor has a lot of passion for Social Justice and Spirituality--a passion she shares with the our community as she leads the RUSGA Social Justice and Spirituality Committee.



### Why did you join the Social Justice RUSGA Committee?

"Talking about social justice issues should not stop when we leave the classroom. As a Jesuit University, Regis should be continually searching for ways to get the entire student body talking about social justice issues, outside of the classroom and in our daily lives, and that is what I believe the Social Justice RUSGA Committee is aiming to do. I joined the Social Justice Committee for that exact reason. I am passionate about several social justice issues, but, more importantly, I am passionate about redefining the typical understanding of social justice. Although social justice issues are serious, sometimes the issues need to be addressed in creative and unique ways for students to really be able to relate to and engage in them. By joining the Social Justice Committee, I am a part of a committee that is constantly finding ways to help educate students about important issues occurring at home and around the world, through means that test creativity and challenge ways of thinking." -Lauren Shakes





Why did you join the Sustainability Committee, and what is your favorite part?

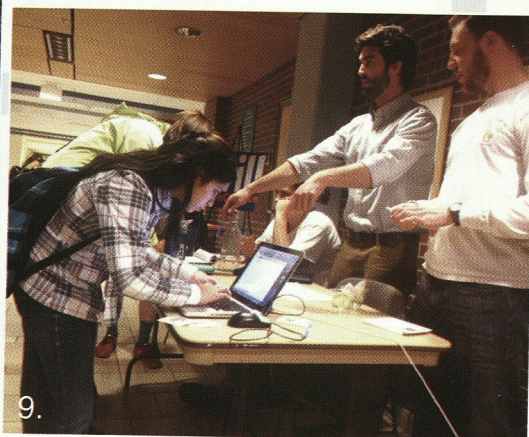
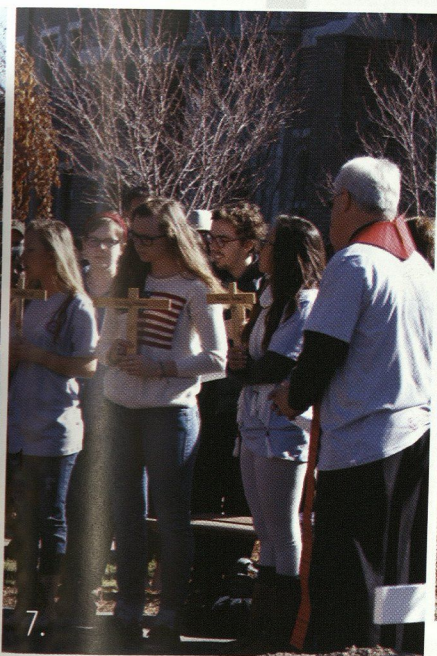
"I joined Sustainability Committee because I felt called to help address some serious issues we have on campus, and essentially in our world, the neglect [of] respect for our natural environment. My favorite part of the committee, though, is the passion and love I see in each of the members." - Abigail Peters



"I'm in Sustainability because I'm a big fan of the environment, and the outdoors is the reason I came to Colorado. I want to protect the wilderness that I love! My favorite part is the people on the committee. They are all creative, hardworking and hilarious as we work to make this campus as green as ever!" - Grace Corrigan



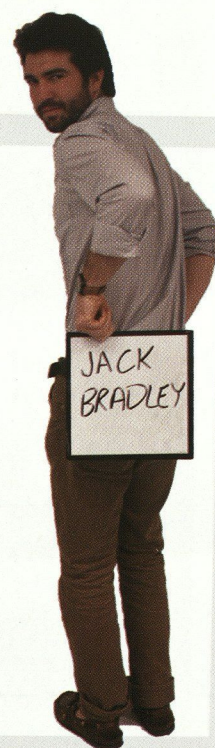
1. The Jesuit Martyr Memorial Dedication Ceremony
2. Fr. Fitzgibbons, S.J. and Maggie O'Connor
3. Victoria Vongphackdy and Jace Prokupek
4. Members of the SJS committee
5. People placing crosses in memory of those hurt by graduates of the School of Americas
6. Clare Felletter and Maggie O'Connor.
7. Fr. Fitzgibbons, S.J. and students
8. RUSGA
9. Jack Bradley and Nick Roldan



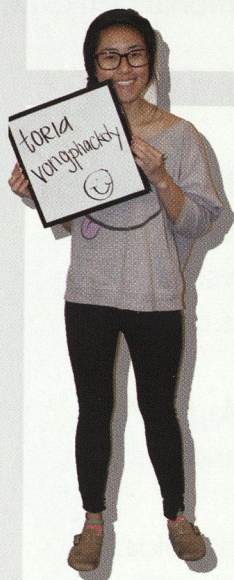
## THE STORY

Go Green or Go Home!

In today's world, natural resources are becoming scarce while alternative means of energy are simultaneously being discovered. More people are "going green" in order to protect this beautiful planet on which we live, and students have represented this green lifestyle on campus for several years now. Part of this green representation is the Sustainability Committee. Regarding the committee's mission, and the initiatives it has undertaken to accomplish this mission, Director of the Sustainability Committee, Jack Bradley says, "We work in collaboration with students and faculty to move our campus to a greener future. This year, we had initiatives in public transportation, divestment, water issues, and the community garden." Having several initiatives requires a lot of dedication and hard work, which, in turn, requires passion. For Jack, this passion came in the form of wanting to empower others. He explains, "I wanted to spread empowerment and hope about the environment to the Regis University community and promote a simpler, more sustainable campus culture." By planning events to spread awareness and starting petitions (i.e. to get plastic water bottles off campus), this committee has definitely spread empowerment and hope to our school environment. Part of this empowerment comes from introducing students to a more sustainable way of life. Their newest project to accomplish this mission involves: "...working with professors, community members, and physical plant to create xeroscape gardens on campus that have native plants and require almost no watering." Through its many initiatives, Jack and the Sustainability Committee have already impacted the environment—both world and Regis—and they will continue to build their green legacy in the future.







# THE STORY

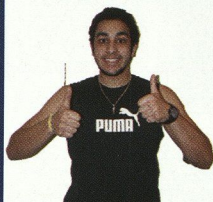
## Exploring the Creative Mind

In today's day and age, marketing and the media are very powerful tools. They advertise events, products and pretty much everything happening around us. The RUSGA Marketing and Media committee on campus does just that for everything happening here on campus. A talented group of students put all of their brainpower together to come up with new and exciting ways to promote things happening on campus through the use of marketing and media. Whether it is creating poster, t-shirt designs or Facebook posts this committee definitely accomplishes many things. Director, Torcia Vongphackdy, said, "I chose to be Director because I stand as advocate for students to want more for their college experience. My goal is to cultivate a community by creatively communicating involvement of the student body (p.s. I love alliterations!)." She organizes and takes charge of this committee to help lead them to success. With every committee however, come the challenges. When asked the most difficult part of being a director of Marketing and Media, Torcia claimed, "The most challenging part is to help other's dig for inspiration when it comes to creativity." The reward of these challenges however, is "furthering one's ability to creatively think outside the box." There is no doubt that Torcia, as well as this committee, really brings their all and contribute their creative minds to the Regis community.



### What is the most important thing Marketing and Media has done for Regis?

"We are liaisons between RUSGA, the events, and the attendees, making sure the student body is informed and excited about the events happening at Regis week after week." - Leah Van Someren



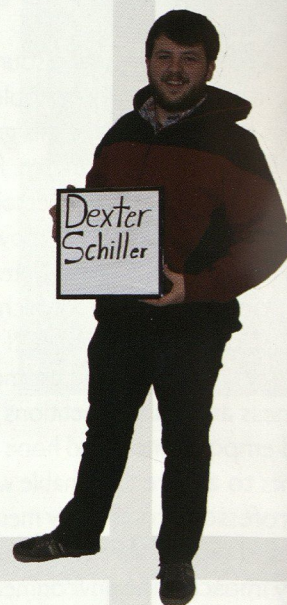
### Why did you join Marketing and Media?

"I love using Photoshop, and I really wanted to take part in improving advertising on campus." - Ryan Faris

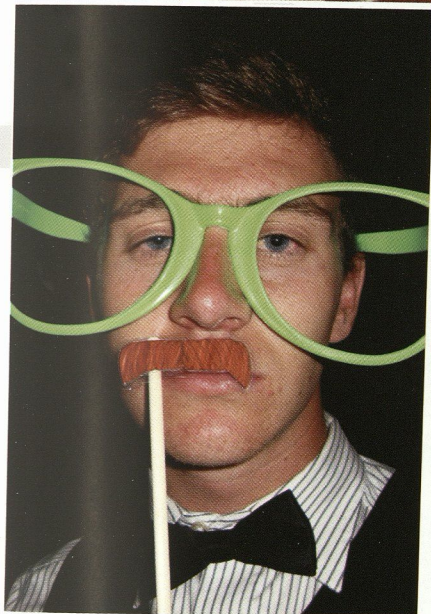
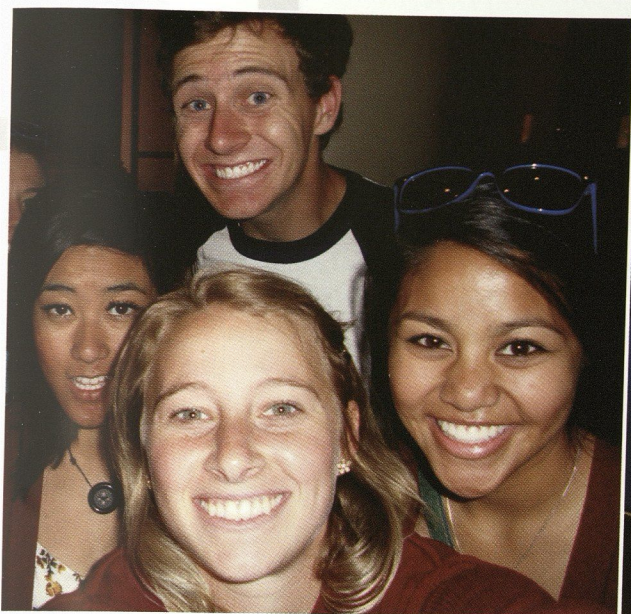
# THE STORY

## Dexter Schiller: Giving Students a Voice

As director of the Campus Relations committee, Dexter Schiller works hard to ensure connectivity at Regis. Through Campus Relations, Dexter and his committee members: "Act as a nexus point between the students and the administration of Regis University... in other schools there is a disconnect between the upper echelons and the students." Schiller is working to remove this disconnect at Regis. Needless to say, it takes strong leadership to accomplish this huge task. Schiller says, "I lead my team of Campus Relationeers by using a decentralized leadership method where I encourage my team members to take the initiative to run their own programs and initiatives." Thereby, Schiller empowers through delegation. And this empowerment has paid off. Schiller adds, "I think there is something to be said about the numerous meetings that my committee and I have been kicked out of"--numerous meetings that mark the success of Schiller and his committee. As this comment shows, the passion that Schiller carries to his committee and beyond helps all students to have a voice.



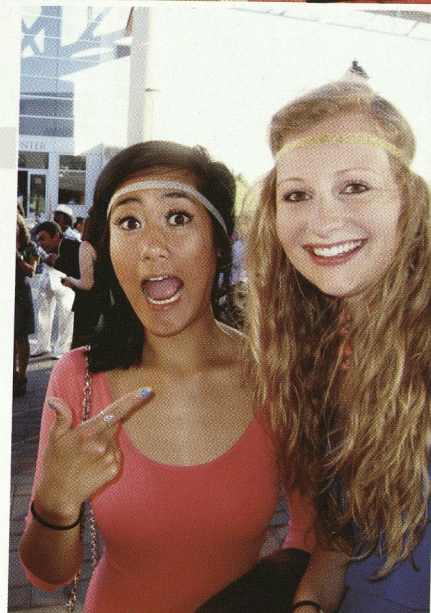




# THE STORY

RUSGA: Letting Loose

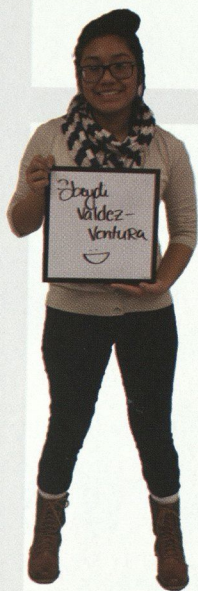
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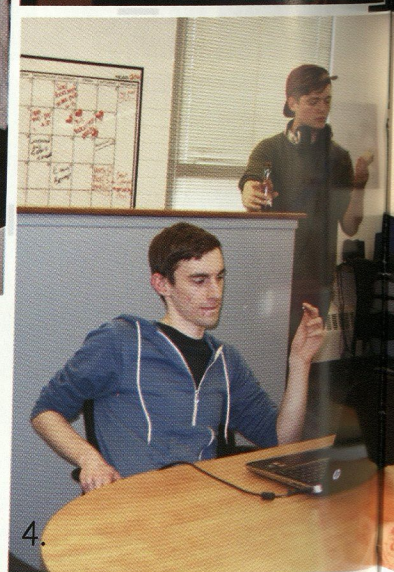
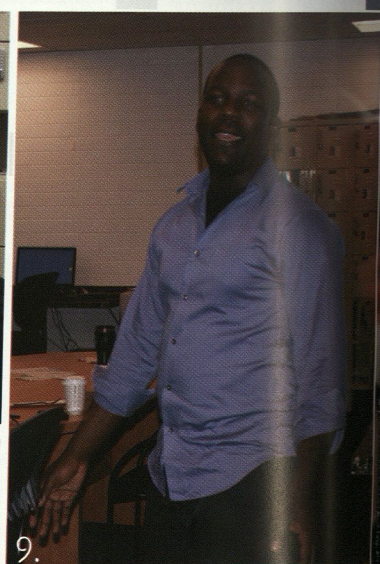
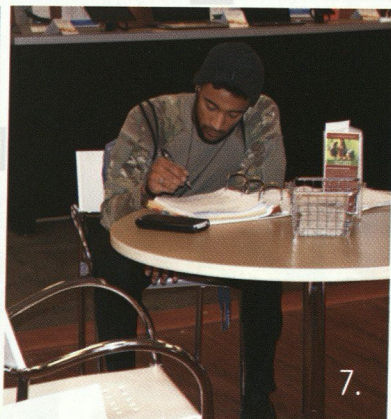
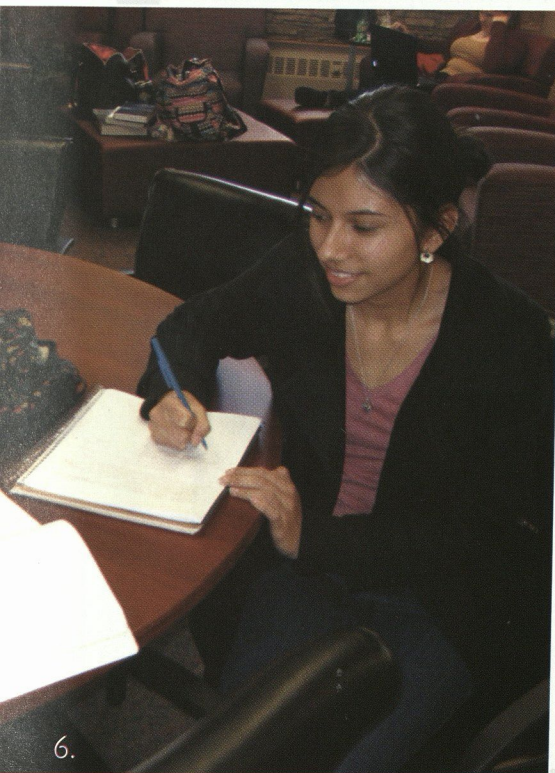


# THE STORY

## Creating Community Among Commuters



The commuter lounge, club, and activities bring the many commuter students together, allowing them to form a broad community of their own. The members of this community help each other face the many challenges that come with simply being a commuter student. One of the biggest of these challenges is facing, “weather, traffic, and everything else that decides to pop up last minute,” explains commuter Sbeydi Valdez-Ventura. Despite these challenges, from her experience as a commuter, Sbeydi has learned that there are also many benefits to being in the commuter community. She explains, “[Being a commuter] has opened my eyes to all of the help that I actually have here on campus. The Diversity Office really helps me out, because the faculty and the students that are in there understand the struggles that [commuters] go through daily. I have created a form of ‘family’ in the Diversity Office, which I love to be around.” The opportunity to create a family in the Diversity Office is one of the many ways that being a commuter student has added uniqueness to Sbeydi’s student life. Overall, as Sbeydi shows, the commuter experience is one that allows students to experience a unique side of Regis while building a strong community of their own.

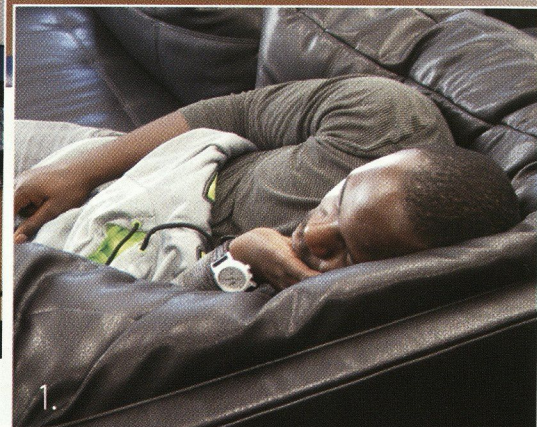
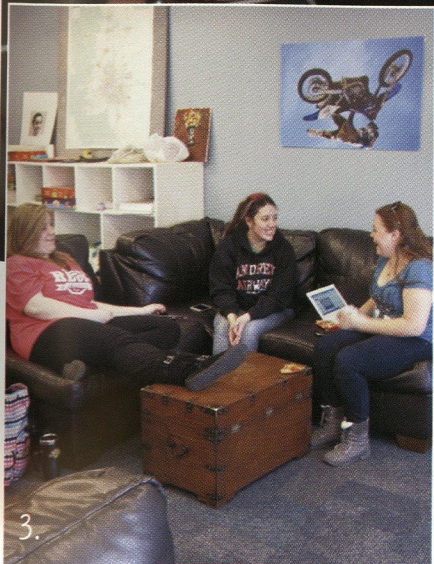


## ROLLER COASTER COMMUTING

### The Highs and Lows of the Commuting Experience

Being a commuter student comes with a multitude of challenges that often go unnoticed to non-commuters. For example, commuting to Regis requires time, and sometimes even a lot of patience. Sophomore Clarissa Mendez knows exactly what it is like to be a commuter—its benefits as well as its challenges. Like so many other commuters, Clarissa has experienced the long hours in traffic, the icy roads when a snow day is not called, and the once-in-a-blue-moon joy of not having to drive in that ice and snow when a snow day is called. However, despite these challenges, many commuters have a unique experience of going home to their families at the end of the long school day—something that makes the time and the patience and the long treks in the snow worth it. In addition to this unique experience, commuters at Regis have some extra perks simply because they commute to Regis. Clarissa explains, “Being a commuter at Regis is probably way better than being a commuter at any other college because (1) our parking is free, (2) Regis has parking-lots on all sides of the campus, and (3) if you feel like it is too cold to walk from Lot 6, you can always take the trolley.” On top of the perks of free parking, a school flanked in parking lots, and a trolley, commuters at Regis also get the benefit of close community. Commuter Susana Cervantes says, “Every day that I come to school, it feels like home—simply because no one here makes a commuter feel like an outsider. It feels like family, being part of Regis.” In the end, with the traffic and the snow and the frustration, comes the family—at home and at Regis—which makes the roller-coaster experience that is commuting worth it.



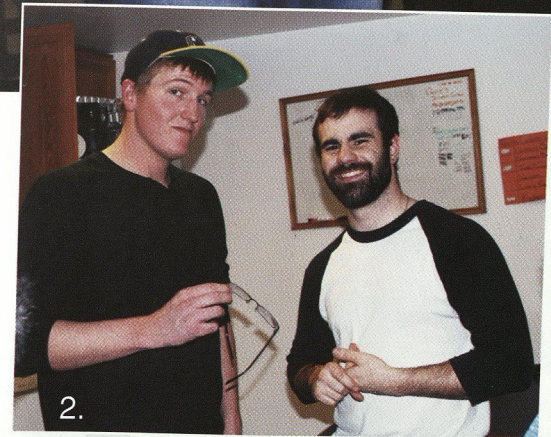


1. Nenani Sichone
2. Kate Gavin, and Marrisa Velisek
3. Jamie Klingensmith, Karen, and Jessie Klingensmith
4. Ian Drew and Zen Tilleman-Dick
5. Commuters studying at the Book & Bean
6. Commuter student studying in the lounge space.
7. Commuter student studying on campus
8. Geolina Deicaruz
9. Nenani Sichone
10. Katalina Hoosier, Sean Daru, Christian Daru and Marrisa Velisek

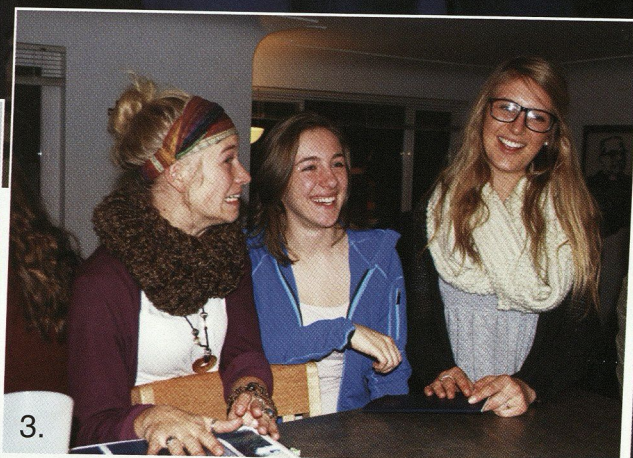




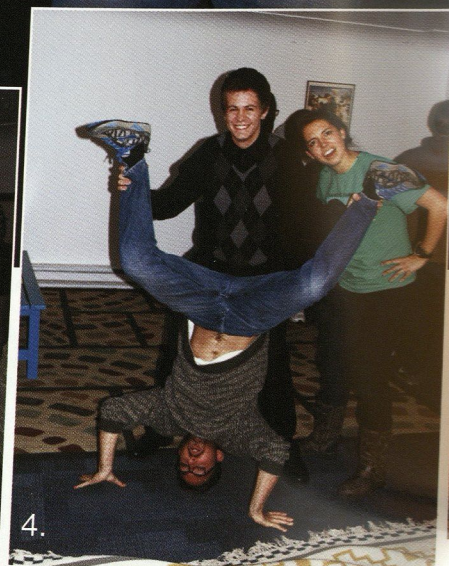
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1. Dancing at hospitality night
2. Sam Rueb and John McDermott
3. Hannah Jones, Brayden Weninger, and Claire Radar
4. Jonah Rodriguez, Nick Broncuchia and Peyton Lunzer
5. Jonah Rodriguez
6. Community members share a meal at hospitality night
7. Housemates prep for a presentation about justice.
8. The McCabe family at hospitality night
9. Clare Felletter and Peyton Lunzer
10. Hannah Jones and Molly McCabe



# THE STORY

## Planting Seeds that Will One Day Grow

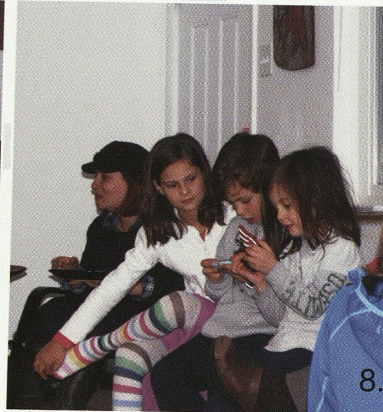
Romero House, an intentional community of Regis students, is a house, just off campus, that welcomes the Regis and surrounding community to think about issues of simplicity, spirituality, solidarity, community, service, and justice at their weekly hospitality nights. Starting with a simple shared meal and then delving into a justice issue, the house-mates help challenge each other and those present to think critically about a variety of issues. Peyton Lunzer, one of the house-mates shares about her desire to live at the house: "I wished to live simply and wanted to live intentionally.... [living in the house has offered] a chance for me to discern how I want to live my life....Romero House has brought me closer to my community, to God, and to myself."



6.



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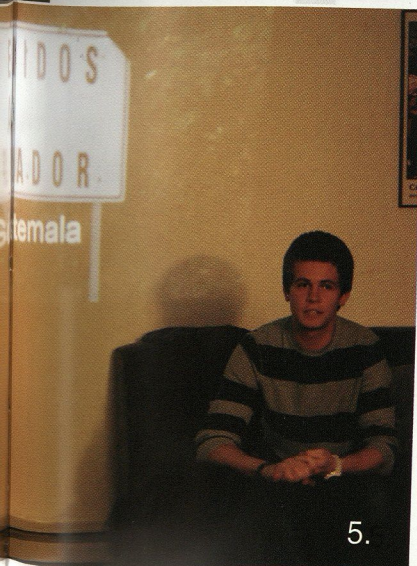
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5.

### What was your favorite Romero House memory?

"When we all traveled to Guatemala and El Salvador together as a family and learned about our roots."  
-Claire Rader



"My favorite memory has to be our trip to Guatemala/El Salvador. If I had to give a different answer though, there was a night where we sat around in a circle with the lights off and candles only and it was a very powerful experience."  
-Jonah Rodriguez

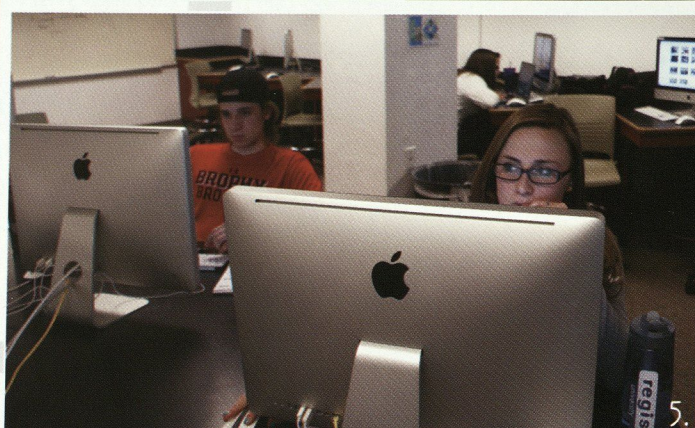
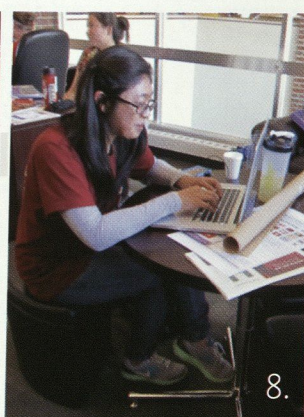
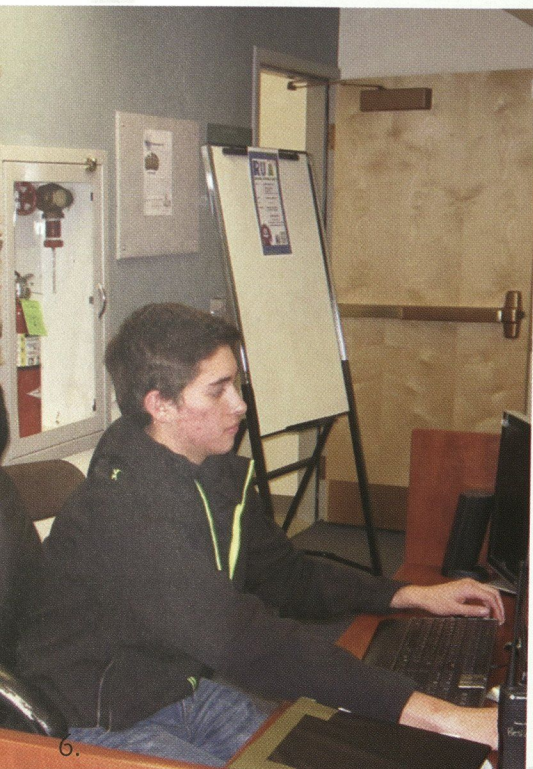
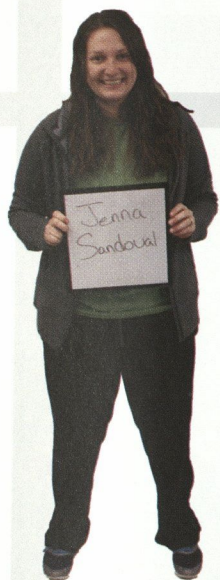




# THE STORY

## Student Activities Welcomes Jenna Sandoval

When it comes to campus activities and events, Assistant Events Coordinator, Jenna Sandoval has a hand in all of it. Among the many opportunities she had through her Student Activities work-study, Jenna had the chance to coordinate Family Weekend—an important and memorable event that allowed students to share many memorable moments with their parents. Coordinating events like these made Jenna's work study job more than just "work"—it makes her job fun, and even a little bit entertaining. Jenna explains, "[I] love the office and all of the people I get to work with," as these people make her job even more fun. Together, Jenna and her co-workers in Student Acts laugh, imagine, plan, and create memorable experiences for the entire community. And being a part of Student Activities has allowed Jenna, with her work-study peers, to realize that: "[The] Regis Community means being a part of something bigger than yourself."



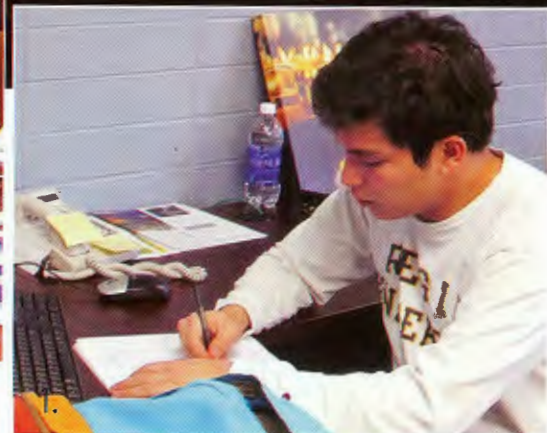
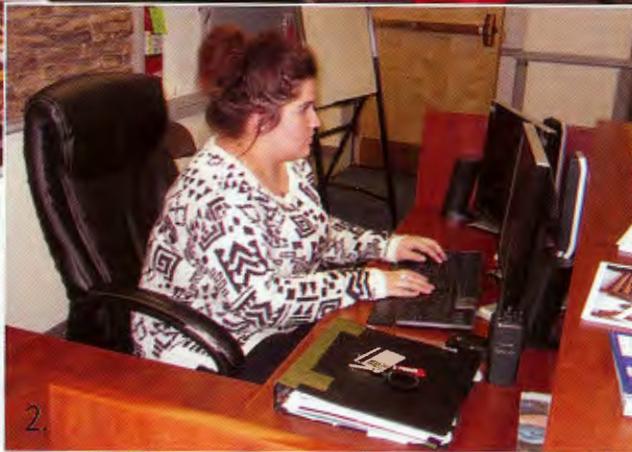
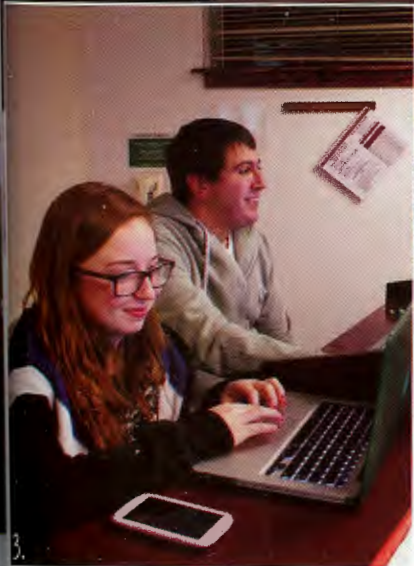
What is your favorite part about your work study?



"My favorite part is the opportunities that Fr. Woody's offers when it come to events to participate in and the impact that [we] have on our community."

-Alexandra Agnes



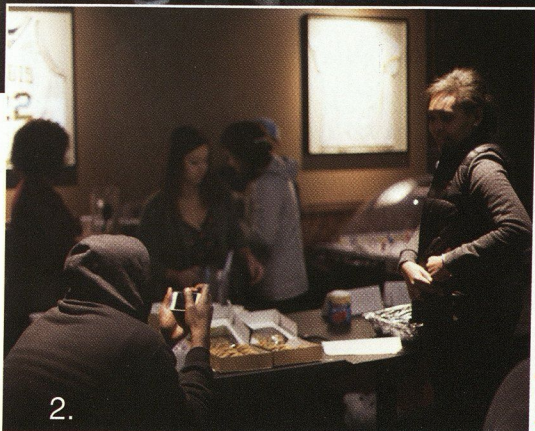


1. Chris Dyaico
2. Residence Hall Desk Assistant
3. Heather Humphrey and Andrew Ross
4. Pearl Lackner and Geolina Deocariza
5. Christian Schroeder and Hannah Farnar.
6. Richard Toyfoya
7. Paul Narey and Kat Meyer
8. Geolina Deocariza
9. Pearl Lackner
10. Maggie O'Connor and Aleina Tanabe





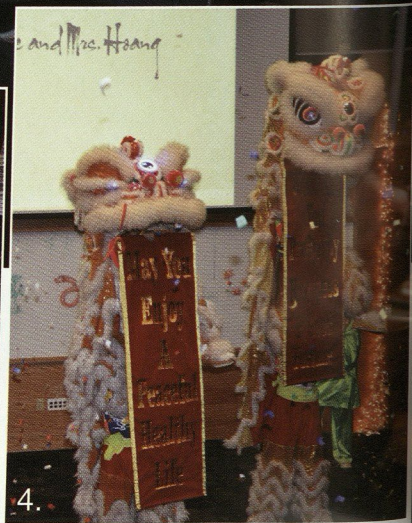
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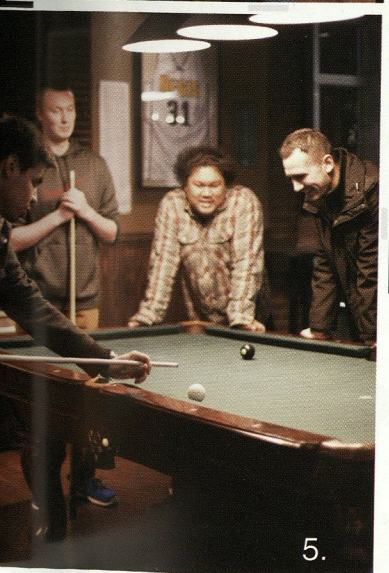
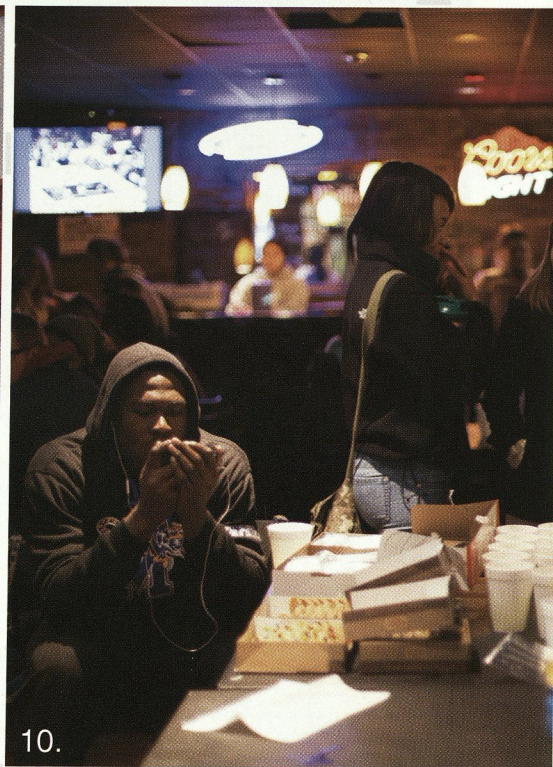
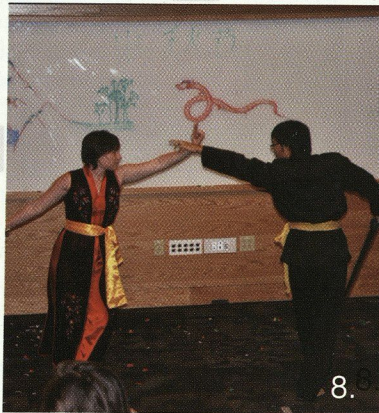
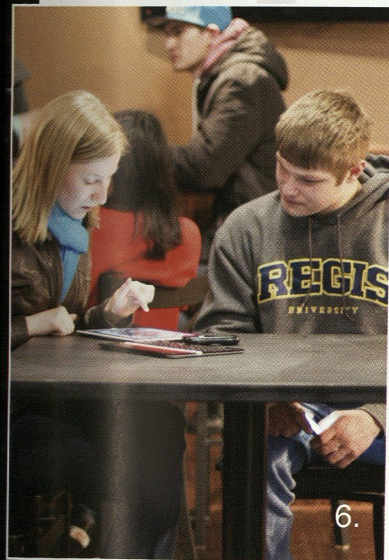
1. Graciella Guillen , Fatima Estrada Rascon, Melissa Mendez, Monica Gallegos
2. Affinity group members share some pizza
3. Fr. Pham, S. j., Peter Pham, and community members prep food
4. Lion Dancers Performing at the Moon Festival
5. Angel Ox
6. Affinity group members
7. ASA members
8. Traditional Dancers performing at an Asian Student Alliance event.
9. Joseph Martinez, and Abbey Esbenson
10. Members of a variety of affinity groups celebrate in the outh



# THE STORY

## Peter Pham's Family of Diversity

As one of our affinity groups, the Asian Student Alliance (ASA), has impacted both its own members and members of the larger Regis community. As a member of the Asian Student Alliance for three years, Peter Pham has built some very special memories as a part of this influential group. "My favorite memory is the 1st Annual Moon Festival at Regis--created by Fr. Hanh, S. J., ASA, and I. It included [all kinds of] dances, from Indian dance [and] Chinese Vietnamese Lion Dance, to amazing Hip-hop and robotic performances. It was a night where the audience kept growing, and I remember the sweat and smiles that [night] brought us...together as a family, engaging the audience." Excitement and family would become two treasured themes in Peter's ASA experience. He explains, "We treat each other like brothers and sisters. We come together and help each other when we need to and share great moments outside and inside of school." And on top of it all, not only does ASA provide a family for Peter, but it has also taught him something special about diversity at Regis. "It has taught me to become a big supporter of diversity. Diversity is something Regis surely has--and family as well. I have joined ASA to push diversity and bring us closer as a Regis Family," Peter enthusiastically explains. Overall, Peter Pham's experiences show just how much an affinity group can add to the college experience through its excitement and welcoming family feel.



## AFFINITY GROUPS

### Communities within the Community

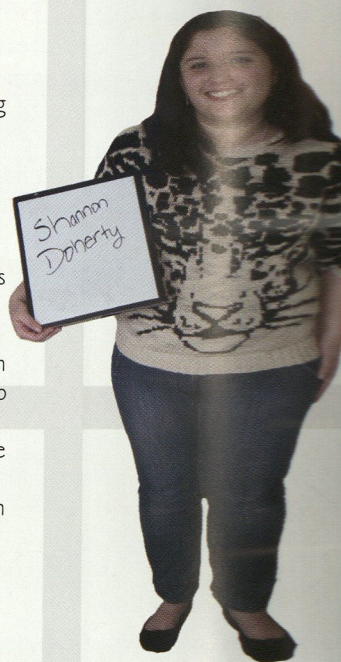
Affinity groups give students the unique opportunity to explore communities of ethnic diversity within the larger Regis community. One such affinity group is the Asian Student Alliance (ASA). Affinity groups such as ASA host activities that both members of ASA and members of the entire student body can participate in. Thereby, these affinity groups teach the entire student body about a variety of cultures as they allow students to participate in diverse cultural traditions through food, dance, attire, music. By providing these opportunities, affinity groups spread understanding and perspective through each and every event that they host. ASA member Thao Dao says, "[My] favorite thing about ASA is definitely all of the traditional events that we hold--such as the Moon and New Year's Festival [s]"--events that teach students across campus about diversity at Regis. Overall, affinity groups add a unique experience to the Regis community, as they allow students from all ethnicities to experience a breadth of cultural traditions--cultural traditions that expand students' perspectives and understanding of the world around them.



# THE STORY

## Shannon Doherty: Bringing Love Through Animals

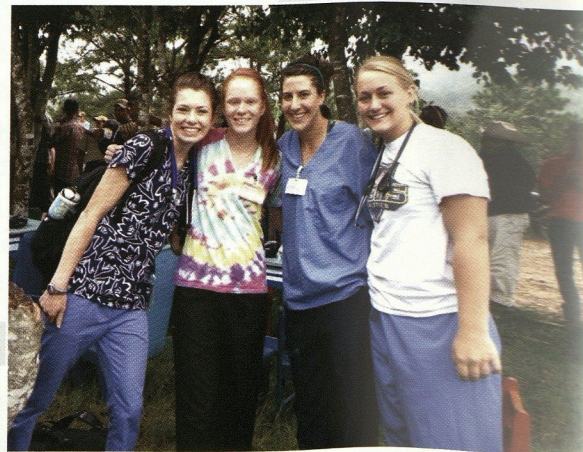
Despite the breadth of clubs offered at Regis, until last year none of them addressed cross-species needs: the need to serve animals. This is the need Shannon Doherty sought to fulfill when she created The Bark Side. The mission of The Bark Side is to serve animals and to serve people through animals. In order to fulfill this large initiative, The Bark Side has sponsored several activities. Their first event, co-sponsored by HAC, took students to the HoBo rescue, a boxer rescue that saves and houses fighting dogs. Shannon remembers, "When we got back to the rescue after walking the dogs, we got to just hang out with them, giving them water and treats, and just loving on them. It took a while for the rescue to get the dogs back in their kennels, so a lot of us also got to teach our dogs some tricks, like 'Shake.'" Laughing, she adds, "The Bark Side: imparting wisdom to dogs, one shake at a time!" In addition to dog-walking, The Bark Side sponsored two events in honor of Disabilities Awareness month: a big BBQ and a Concert for a Cause, co-sponsored by Active Minds. Both events raised money for Freedom Service Dogs. Shannon explains, "We were so excited to partner with Freedom Service Dogs. They're the perfect organization for our club to raise money for because they help animals by rescuing dogs from shelters, and then they help people by training the dogs to be service animals for wounded veterans." Through the two events, The Bark Side raised over \$1,000 to serve animals and to serve people through animals. Summing up this success, as well as her experience with starting and serving as president of The Bark Side, Shannon concludes, "Overall, I feel so blessed to have been able to start this club, and so blessed for everyone--especially Sophie Christie (without whom the concert NEVER would have happened), Alicia Malet, and everyone in Student Activities--who made it possible. And the dogs told me that they thank you too."



# THE STORY

## Emily Tait: Presenting Global Brigades

Although Regis offers a variety of clubs that appeal to students' various interests, new ones emerge every year to bring students with the same interests and ideas together. Emergence of these clubs comes with many challenges. Sophomore Emily Tait has lived these challenges and learned that—through dedication and hard work—anyone can make a small club affiliated. However, because making a club affiliated requires so much dedication and hard work, it also requires a lot of passion. Emily found this passion on a trip to Honduras. The summer after her freshman year, Emily and a group of volunteers traveled to Honduras. While there, her group treated a total of 821 patients over a three-day time period. "It was an unforgettable experience for everyone involved," Emily explained. This unforgettable experience not only taught her many lessons, but it also opened her eyes to how others live and inspired her to "carry on the good work." In an effort to carry on the good work, Emily introduced the Global Brigades Club to the Regis community. "We are able to contribute to the Global Brigades mission, empowering volunteers and under-resourced communities to resolve global health and economic disparities. Our club offers an amazing opportunity to get involved with other students and [to] surround yourself with people who want to make a difference in the world," Emily said about her club's mission. This summer, the club will travel to Nicaragua care for more patients and impact communities worldwide. Overall, although Global Brigades may be a new club at Regis, it makes a huge difference for many communities around the world.





# THE STORY

## Thomas Wells: Communicating Through Poetry

Expression. Creativity. Passion. All are words that come to mind when Thomas Wells thinks about his poetry. Thomas loves being a part of poetry club because, with the "Poet'Alls," Thomas has the opportunity to participate in special, poetic events all over Denver—including Open Mic Nights. Thomas enjoys being a part of "Poet'Alls" because, as he explains, "[Of] the reactions people give.... The ability to invoke emotion in another person is a wondrous feat. And poetry is the perfect way to do this." The pride he takes in invoking reactions and the beautiful words he uses to express his pride show how Thomas uses the Poet'Alls as a way to express a passion deep within—a passion reflective of his life as a whole. No matter where he is or where life leads him, poetry will play a major part of Thomas's life and in the life of his Poet'All peers.

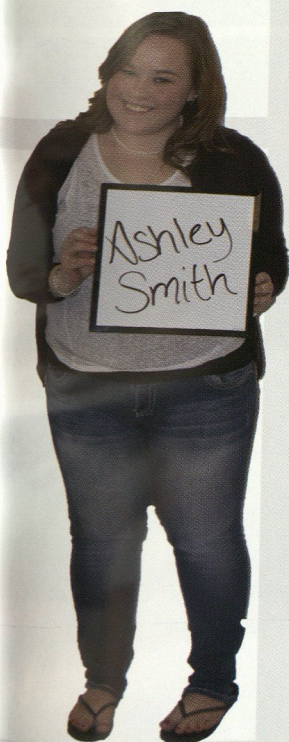


2.

# THE STORY

## Where the Past Meets the Present: Ashley Smith's History Club Experience

The History Club unites all students (from all majors) who enjoy learning about history. A member of the club for two years, Ashley Smith comments, "History Club has been around for a long time here at Regis, but it only started back up a year ago, so I have been a part of this phase of History Club." In this re-emerging club, members integrate history with passion. Smith explains, "History is an integrative part of every field of study, so History Club tries to inform students about the importance of their history. History is just a great way to learn more." In addition, the History Club brings speakers and events to the Regis Community--speakers and events that bring the past to the present. With this, Through its universal love of history, the History Club provides a welcoming atmosphere for all who want to learn.

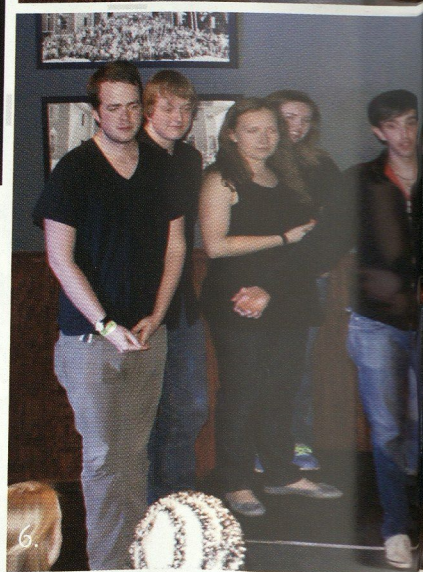
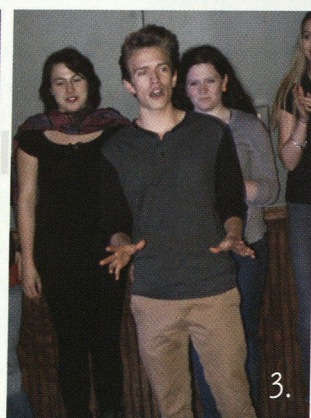
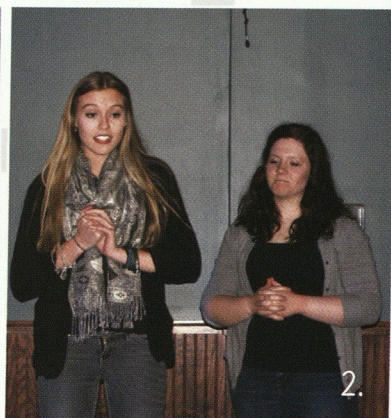




# THE STORY

## Therapeutic Comedy: Hailey Barr's OutRegis Experience

OutRegis is an outrageous, comedy-based small club that serves as the perfect distraction for students when life gets a little too stressful. Hailey Barr, president of OutRegis, views the club as more than just a club—for her, it is also a form of therapy. Hailey's experience with OutRegis has been very positive, as it is the one place on campus where she has, as she explains, "Learned how to co-create entire worlds at a moment's notice.... and increase my awesomeness by about 20%." In addition to creating worlds and increasing awesomeness, Hailey works hard to: "...make sure we have a working government, have re-introduced sketch comedy and long-form improv into our repertoire, and have continued to have fun." Through her role as president, Hailey melds the worlds of work and fun as she creates opportunities for others at Regis to experience the same stress relief that comedy has brought her. Overall, OutRegis is one giant learning experience where everyone has the same opportunities to express his- or herself—with just a little help from Hailey and the rest of the outrageous OutRegis members.



**Q: What is your favorite thing about OutRegis?**



"Do it! There is no judgment if you're bad, and it's pretty hard to not be at least OK. In general it's pretty fun. There is no pressure to perform, and no guilt if you fail." -Zenith W Tillemann-Dick



"My favorite part of OutRegis is that I can go and goof around at rehearsals with fantastic people, but I still learn something new at every practice." -Rebecca Veys



In one sentence, how would you describe your experience with OutRegis?

"This is probably the only place where one person can be many people in the span of ten minutes, where butterflies can originate from Mordor, and where pancake mix never is."

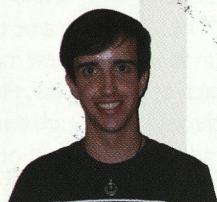
-Ashtin Hulse



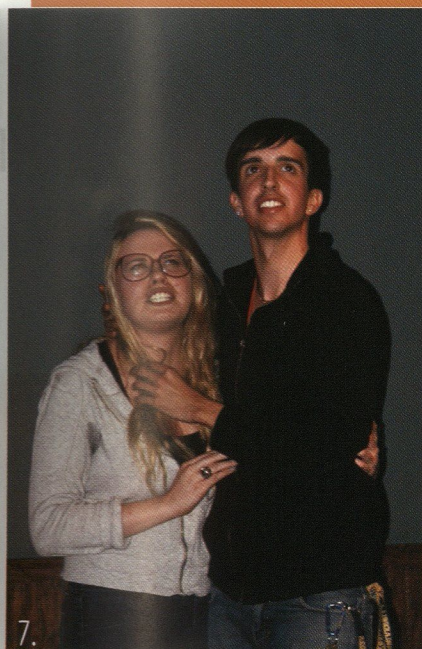
What is OutRegis? and what is the main purpose?

"[OutRegis is] an improvisational comedy troupe. [Its purpose is] to make people happy and inspire quick-thinking creativity."

- Kellan Roybal



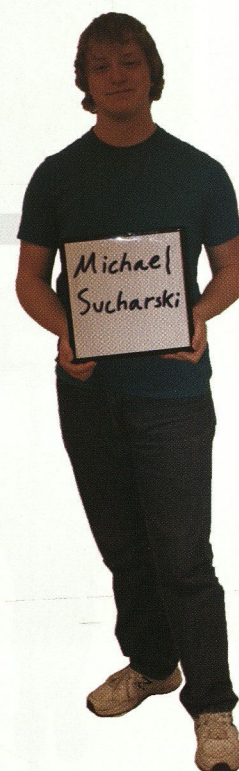
1. OutRegis!
2. Madison Blakeman and Becca Veys
3. John Knudsen
4. Michael Sucharski and Zenith Tillemann-Dick
5. Ashtin Hulse
6. Spencer Jordan and Kellan Roybal
7. Sami Brisson and Kellan Roybal
8. OutRegis!
9. John Knudsen, Spencer Jordan and Thomas Wells



## THE STORY

### A Dysfunctional Family: Michael Sucharski's OutRegis Experience

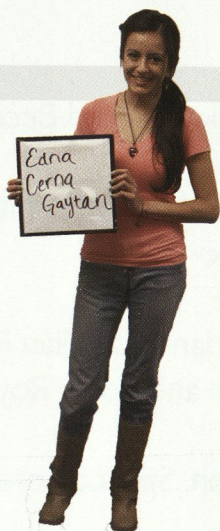
Self-expression plus fun equals OutRegis—a club that can only be complete with main man Michael Sucharski. As they spend time together expressing themselves and developing ideas for their skits, Michael explains that OutRegis members bond to become like a: "Second, huge, dysfunctional family." This family has given Michael the opportunity to delve into new worlds of skits and improve to discover new things about himself—and about his dysfunctional family members. Michael explains that becoming a member of this family requires no prior experience—joining the OutRegis family requires only: "[The] desire to get up there and have fun." In letting members be whoever they want to be and explore the depths of self-expression, OutRegis provides an opportunity for Michael and fellow members with an inspirational family with which to engage in mutual self-exploration.



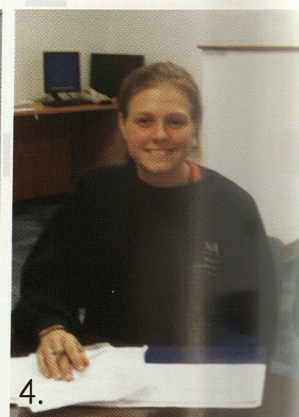


# THE STORY

## Edna Cerna-Gaytan: A Glimpse of the Story of "The Story behind the Story"



Uncovering and sharing the story behind the story: that's the job of *The Ranger* staff. This task, as Edna Cerna-Gaytan describes, is very difficult. She explains, "It is really hard finding the time to get everything done for our pages. Everything—from taking pictures, interviewing people, writing captions, editing, and then finally finishing the book. It is a lot of work." Needless to say, a lot of work equates to a lot of stress. But, long nights, stress, and even a few tears have built a bond between the staff members—we forge friendships in fire, blood, and tears. Gaytan describes her first and favorite memory of the staff, involving the friendships formed this year, as she remembers, "The team first came together this year, and we made tie-dye shirts. It was a great bonding experience. It was fun to meet the new members of the team." It was also one of the few truly stress-free days we got to spend with each other this year. However, all of the stress is worth it when we can come together as a team to help each other through the rough times—and sometimes to just hang out and tie-dye shirts with one another in communal camaraderie. Overall, although many of the memories from this year will be just that—memories—the ones that Gaytan and the other staff members capture on camera will live on forever. And that is what makes it all worth it.



What is your favorite thing about being part of the *Ranger* staff?

"I really enjoy being part of a staff that creates something that students can look back on in the future and enjoy." -Sarah Stovicek, Team Editor



"The best part of being on yearbook is getting to capture all of the great memories and events that happen on and off campus throughout the year and being able to relive and share all of the memories with the rest of the school once the book comes out and is finished" -Heather Humphrey, Team Editor



What is your favorite thing about being part of the Highlander staff?

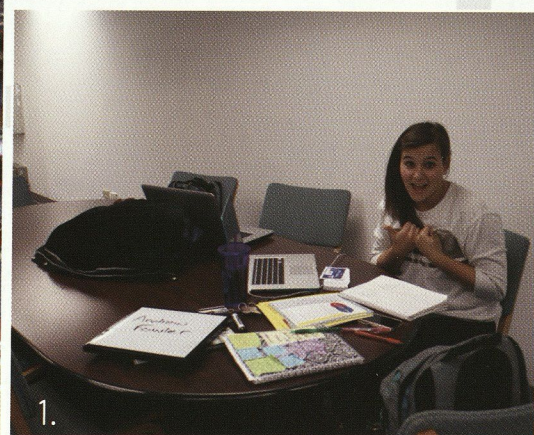
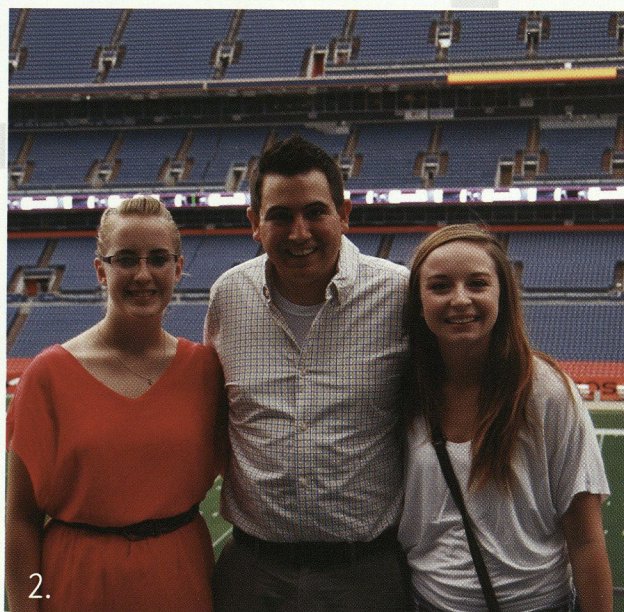
"...How my editors are so supportive of all my stories. Whether it be my column on tattoos or travel, or my creepy Grimm Brothers fairy tales, they are always there with great suggestions and support to help form me into a better journalist." -Sofia Torres



My favorite part about being on the *Highlander* staff is the chance to write about issues that are important to me and other people at Regis. It's great to explore and write about new topics." -Shelby Wieman



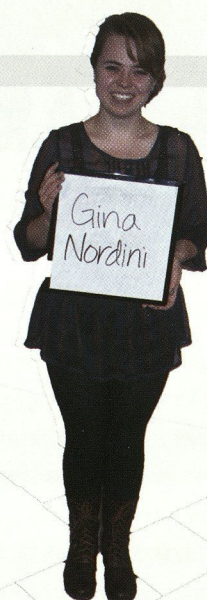
1. Natalie Kramer
2. Sarah Stovicek, Andrew Ross, and Heather Humphrey
3. Kaitlyn Strutt
4. Ashley Karl
5. Nick Smith and Lauren Hundley
6. Edna Cerna-Gayton, Natalie Kramer, and Sarah Stovicek.
7. Gina Nordini



## THE STORY

### Gina Nordini's *Highlander* Experience

Every two weeks, Regis students are given a new chance to keep up with the latest news at Regis through the release of a new *Highlander* issue. Editor-in-chief Gina Nordini shared with us a little bit of what it takes to run such a huge part of Ranger media. Throughout the years, Nordini has loved how this work-study position has allowed her to become more involved. And no small feat, Nordini also loves being a part of a student publication. Although it takes a lot of time--as "There's a lot that needs [to be done] to keep the newspaper running," says Nordini--the staff always finds time to make the most of their meetings. And making the most of their meetings necessarily involves having fun. Nordini shares that her favorite memories will be: "All the crazy conversations and jokes that happen at the weekly meetings" with "such a unique group of people." These crazy conversations and jokes have allowed Nordini and the rest of the staff to build a special bond shared in the unique *Highlander* experience. Overall, Nordini's experiences on the *Highlander* have been marked by that necessary balance of work and play--a balance that keeps the spirit of Regis alive in the *Highlander* and, in turn, in us all.







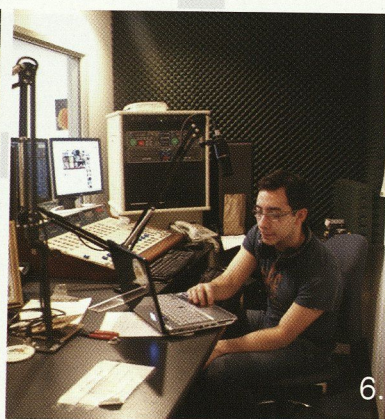
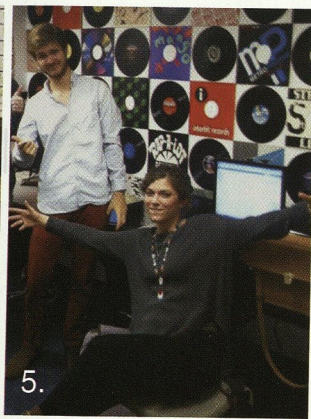
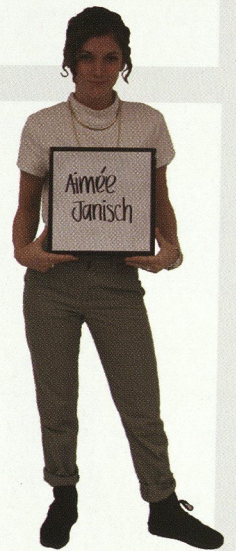
1. Casey Burnham, Bernie Clark, and Sye Sharp
2. Ben Martinez
3. Maddy McCormick
4. Connor McNeir
5. Bernie Clark and Amiee Janish
6. Ben Martinez
7. KRCX Staff with Varlet
8. Summer Minden and Maddy McCormick



# THE STORY

## GM Aimee Janish is Making History with her Staff

Whether going to get some coffee, relaxing at the Book and Bean, passing through the Quad on our way to class we have all, at one point or another, listened to KRCX radio. General manager of the radio station Aimee Janisch gave us a glimpse behind-the-scenes of this Regis radio station. For Janish, being a part of the staff is not just a job on the radio. She explains, "Being apart of KRCX means carrying on and building upon the legacy of Regis' college radio station that once put on memorable shows such as Jimi Hendrix and Queen among tons of others." In this way, Janish expresses that KRCX is much more than just a radio station for the people who work there—it is a legacy they are keeping alive every time they play a song. Although it is a lot of work, keeping this legacy alive comes with perks. Janish says that she loves "Learning about brand new music (even sometimes before it is released to the general public) and meeting/interviews bands and musicians" are her favorite parts of her job. In this way, Janish has made herself part of the Regis KRCX legacy—a legacy that will live on for years to come.

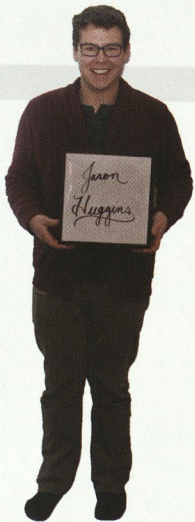


## FROM ONE TRACK TO THE NEXT

### The Soundtrack to Our College Careers

As you are walking to class, walking into the student center, or just out at night walking around, there is usually music playing for all to hear--courtesy of KRCX. KRCX Staff member Conner McNeir says that sometimes this music is even live. He shares that his favorite part of working at KRCX: "Is when we have live recording sessions in the studio. It's fun getting a live band down to record a few songs and talk about their music. It really gives you a sense of what goes into creating an entire album." Through experiences such as these, KRCX uses its resources and shares unique experiences with the entire Regis community. It also helps KRCX accomplish its mission--which is, as Natalie Dogott explains, to our college experience to life through music. Connor McNeir sums KRCX perfectly as he says, "KRCX is what you hear when your are walking to class or just hanging out on the quad. It's the soundtrack of our college experience."

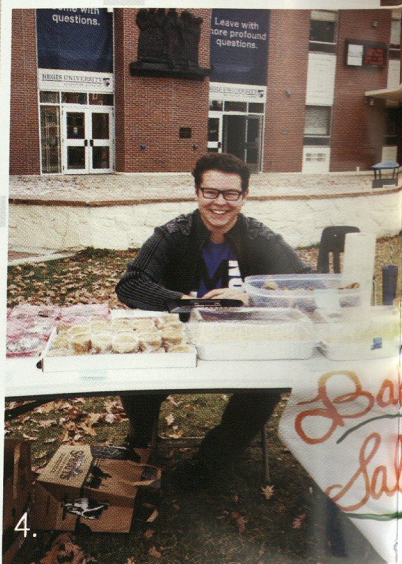
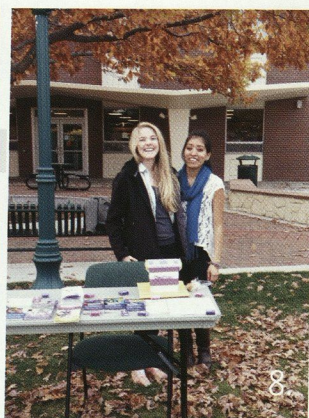
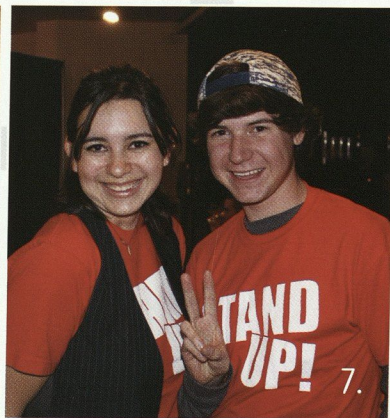




## THE STORY

### Jason Huggins's Active Dream

The national organization of Active Minds aims to educate students about mental illness and suicide prevention. Our very own Active Minds chapter actively works to bring this important mission to our own community. A vital member of the Regis chapter, Jason Huggins, vice president of Active Minds, says, "I was inspired to become involved in Active Minds because I believe mental health issues are not talked about in our society, and my family has a history of mental illnesses." Although he joined Active Minds already passionate about these issues, he learned a great deal from his participation in this organization. Huggins says, "I learn something new every meeting, or with every event we hold, [about] how mental health affects people." And learning these effects inevitably leads to deepened compassion. The compassion Huggins feels for others is not something he could merely learn in school—it is something he experiences through immersing himself in the community, something he deepens through Active Minds. His personal commitment to the program is one of the many examples of how Active Minds inspires at Regis.



## CHOICES

### We're Never Alone

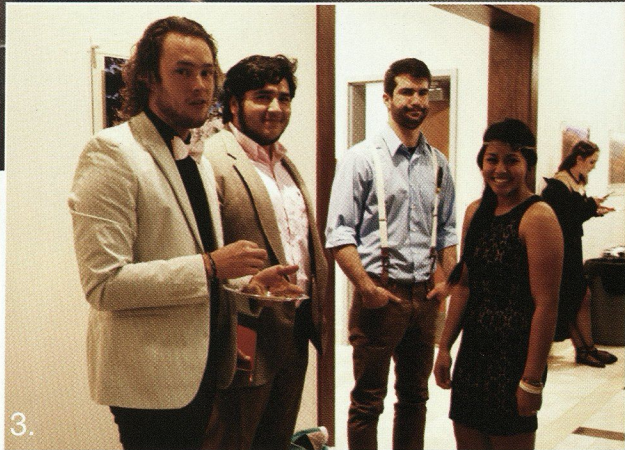
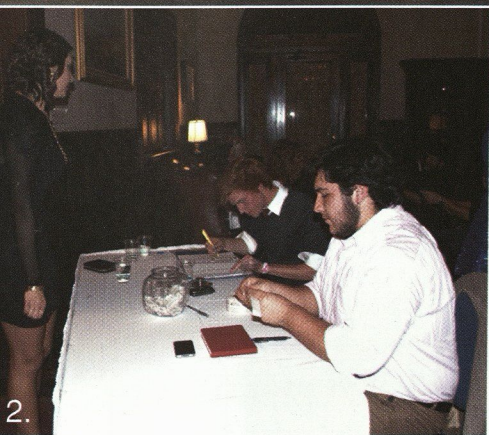
Working to make a real difference in the Regis community, CHOICES uses a peer-based approach to promote a healthy lifestyle. The group sponsored several programs on campus this year, including: Sex(U)ality; Alcohol Awareness Week; the White Ribbon Campaign; Mirror, Mirror; College Cooking Classes; and Project Denim. Through this diverse set of programs, CHOICES advanced its mission to teach the students body members how to take care of their own bodies. "We encourage responsible lifestyles by offering alternatives to unhealthy behaviors, by increasing awareness about relevant student life issues, and by correcting misconceptions about college life," says CHOICES liaison Maggie Koby. Although she became involved in CHOICES because she liked the idea of being a peer educator—of being a fellow student encouraging healthy lifestyle choices—Maggie has learned a lot from her participation in the program. She explains, "As a member of CHOICES, I have developed my understanding of relevant issues [that] undergraduates face on a regular basis, broadened my knowledge on these topics, and facilitated discussions on how a student here at Regis can make the best decisions regarding their individual lifestyle when faced with these issues." In order to accomplish this goal, Koby says, "Relaying accurate information to the student body regarding general health is a goal of ours, so it is always satisfying when—following a workshop [or] talk...—a student will admit learning something they did not know beforehand." With the entire CHOICES team, Koby is trying to reach out and make a difference in every student's life—to let us all know that we're not alone in the daily struggle to take care of ourselves.





1. Students attend a college cooking class put on by CHOICES.
2. The Wellness and Recreation and CHOICES groups participating in Project Denim
3. Dave Law gets a pie in the face
4. Jason Huggins
5. Melissa Mendes
6. College cooking class put on by CHOICES.
7. Avery Medina and Nick Derdzinski
8. Choices cooking classes
9. Jason Huggins
10. Choices cooking class





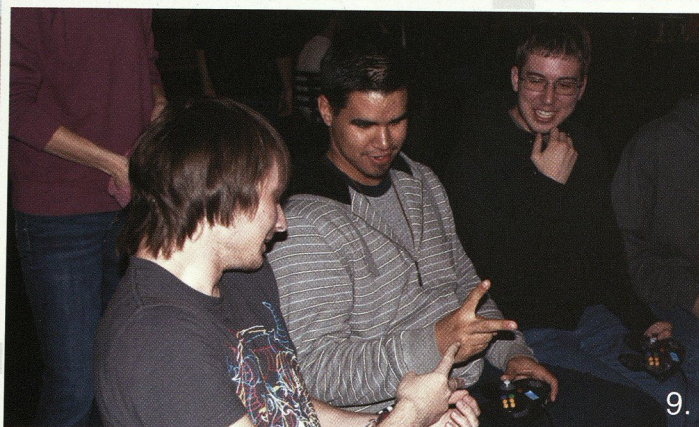
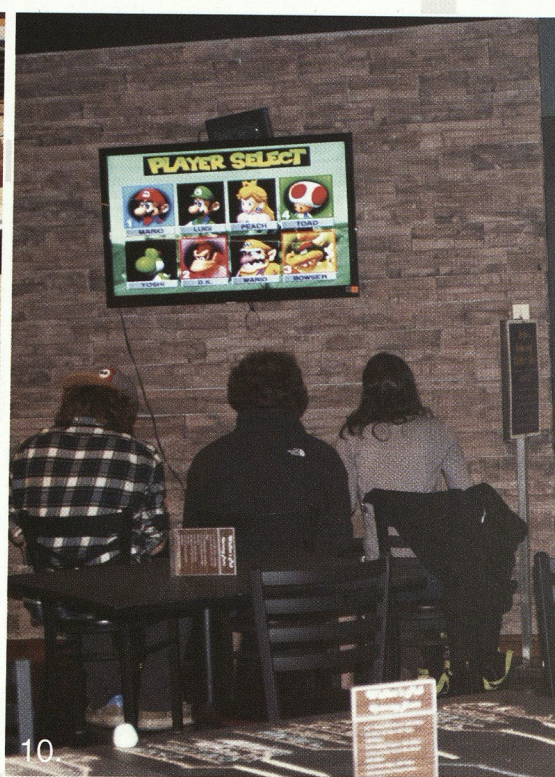
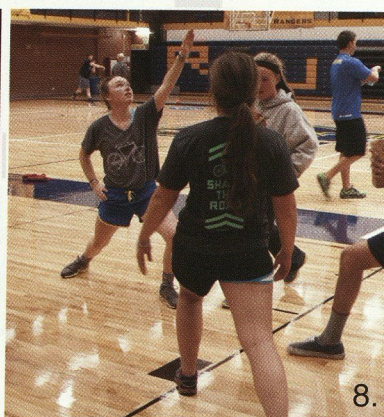
1. Leah Van Someren
2. Alex Rice, Joe Oldendorf, and Angel Estrada
3. Thomas Wells, Angel Estrada, Jack Bradley, and Terese Cabanting
4. Abby King
5. Isabella Kaser
6. Bobby Dennis and Kirby Bell
7. A performance by Kenny Lee Young
8. Dodgeball team
9. Bobby Dennis, Angel Oaxaca, and Alex Mason
10. Students playing Mario Cart



# THE STORY

## Gatsby's Back!

Snow week: the one time of year when Regis students let go and embrace the winter spirit to its fullest. With events like: a Nintendo 64 tournament, Snow Bingo, Snow Dodgeball, Ice Queen, and Snow-d'oeuvres, PAC (sponsors of Snow Week) made it hard to ignore the wonderful winter spirit we so rarely get to just enjoy. One student who attended this year's events, Bonnie Gray, described them as "great experiences because they made everyone come together and have fun as a community instead of in their own separate cliques." To top it all off, all of those events led up to the fabulous Snow Ball—which, this year, happened to be an incredibly fun, Great Gatsby-themed dance. Sophomore Sean O'Donnell described the experience as, "One of the best events that goes on at Regis. It's so nice to just have a night to let go before the stress of finals week." Deirdre Murphy, who also attended Snow Ball, said, "I cannot wait for three more [Snow Weeks]." Overall, the enthusiasm with which Gray, O'Donnell, and Murphy described Snow Week illustrates how the entire Regis student body embraces this special, spirit-filled week, using it as a time to reflect—as a community—on the changing of the season and of the semester.



## DANCE THE NIGHT AWAY

### The Great Gatsby Meets the Regis Snow Ball

The Regis annual Snow Ball was in full force this school year with the Great Gatsby bonanza. Gatsby, with a reputation of elegance and extravagance, brought an amazing party to the Regis community. As always, Snow Ball provided a chance for the whole school to come together and enjoy one big social event--and dance until the sun comes up. "My favorite part was being with my friends and dressing up for the night," said freshman Loyola Chacon. Snow Ball has a reputation as one of the most fun off-campus events for Regis students, and this year was no exception. "I am looking forward to it next year because I kind of like dancing, but I wish they had better food," said Loyola. Overall, this year's Gatsby-themed dance added a layer of extravagance to the already-amazing event of the year: Snow Ball.

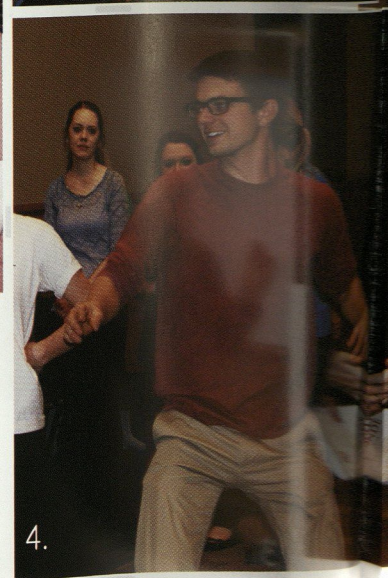
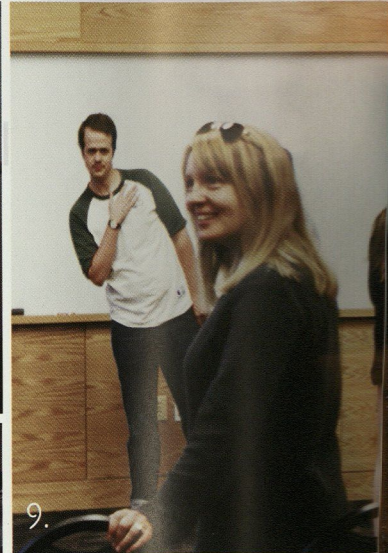
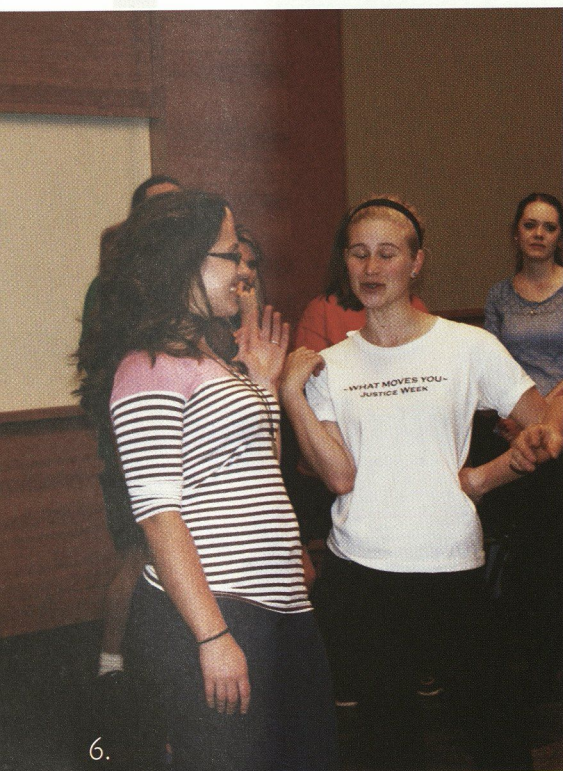


# THE STORY

4 Years, 4 Performances



Little Shop of Horrors, Duelin' Doo Wop (an original show), Joseph and the Amazing Technicolor Dream Coat, and now Legally Blonde: Dawn Sietz has been part of it all. An integral part of the Ramblers family, Dawn has spent the past four year discovering a wonderful community of people who truly enjoy expressing themselves. Ramblers has not just been an extra part of Dawn's life on campus. It has been a family. "Ramblers means the world to me because it ends up bringing together a variety of people, creating a sense of family, and showing the talent and the practically bottomless potential they have. [Ramblers also] helps them believe that they have that talent and potential in them." In addition to the amazing performances they create, the result of this family is the impact that it has on members such as Dawn: "Ramblers will always have a special place in my heart (the part that wants to constantly burst into song and dance). In my time here, it has pushed me out of my comfort zone, created lasting friendships, and the best kind of exhaustion possible." Perfectly summing up her Ramblers experience, Dawn ends with, "For all those musical theater geeks out there: 'You can say that I've been changed for the better. Because I knew you, I have been changed for good.'"

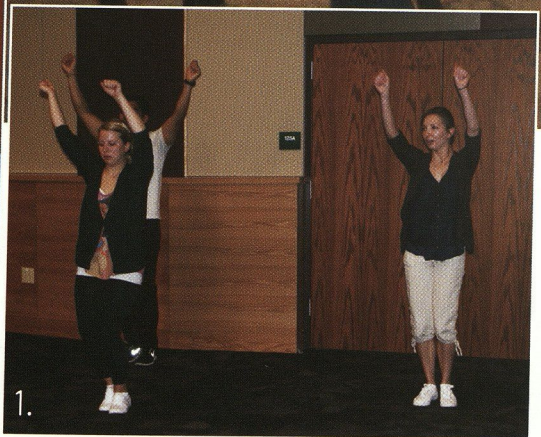


## CASTING CALL

Every Role is Important

From the first stage cues on opening night to the final curtain, the Regis Ramblers are a fun-filled theatrical family, both on stage and around campus. Through a lot of hard work, dedication, and an abundance of talented cast members, the Ramblers put on a wonderful spring performance of *Legally Blonde*. Garret Rice played Emmett Forrest, the rugged lawyer T.A. who takes Elle under his wing and shows her that there is much more to life than being pretty and liked. Rice explains that he expresses himself through acting with the Ramblers. He says, "By being involved in Ramblers, I am able to continue to do the thing that is my passion, all while getting to know amazing people who are interested in the same thing as I am." Through the opportunity to continue to do something he is passionate about, the Ramblers gave Garret the opportunity to step away from school and have fun with his Ramblers family. Like Garret, Rachelle Plourde also enjoys performing because being a part of the Ramblers has given her: "Wonderful irreplaceable friends." In addition to the friendship, Ramblers has become, as Rachelle explains, a place where members: "Can connect with others who love theater while creating a wonderful show for the students, professors, and community around Regis." And coming together as a family founded on a passion for theater and creating art that can be enjoyed by the entire community is what Ramblers is all about.





1. Anne Marie Gilje and Kalina Larson
2. Sami Brisson, Jessica Klingensmith, Joslyn Stone, Jamie Klingensmith, and Shannon Hayes
3. Shannan Steele, Kalina Larson, and Miranda Guettlein
4. Paul Hunter
5. Ramblers cast rehearsing for *Legally Blonde*

6. Rachel Minter and Hannah Jones
7. Stephanie Brown, Sam Starks, and Sophie Christie
8. Joseph Dizon, Anne Marie Gilje, and Kalina Larson.
9. Spencer Jordan and Shannan Steele.
10. Sophie Christie, Anne Marie Gilje, Mary Kate Wilden, Madison Blakeman, and Dawn Seitz.

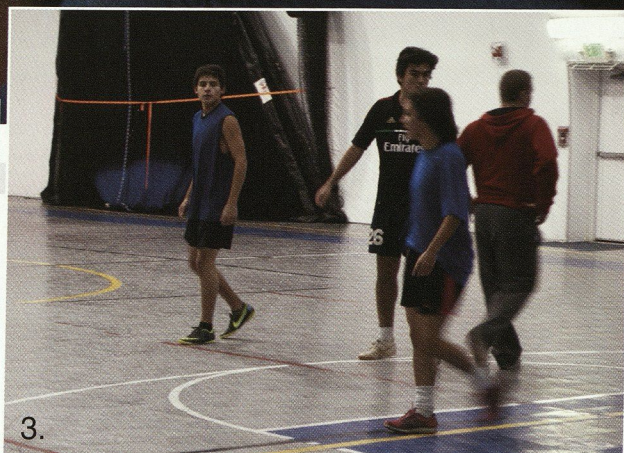




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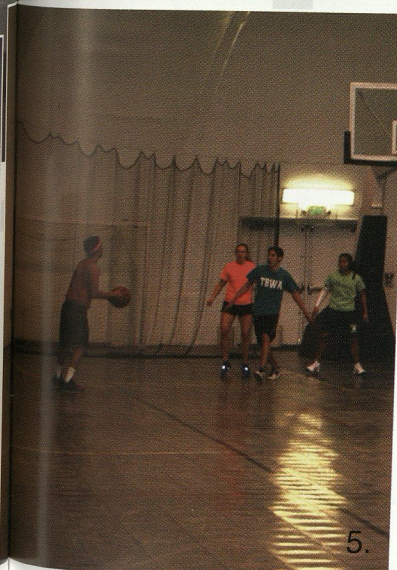
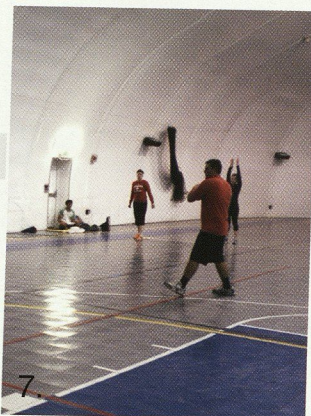
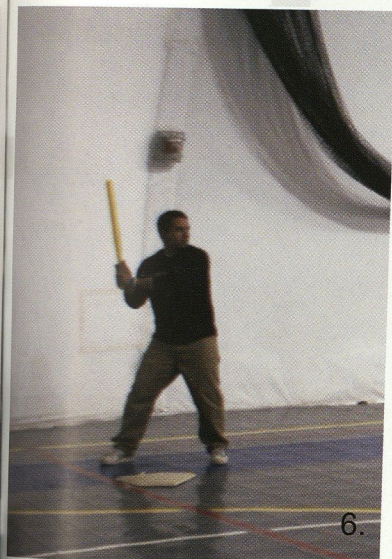
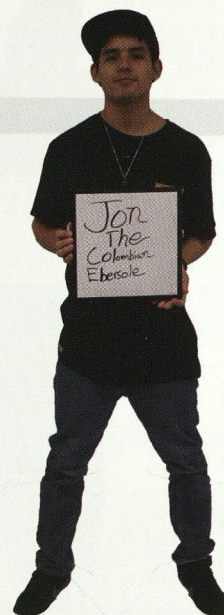
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# THE STORY

## Jon Ebersole's Soccer Experience

Intramural Sports at Regis are not about winning or losing—they're all about passion for the game. One of these passion-driven sports is indoor soccer. Player Jon Ebersole is one student who jumped at the opportunity to play Intramural Indoor Soccer, as soccer has always been a large part of his life. From an early age, Jon enjoyed the sport because of: "The thrill of scoring goals and the satisfying feeling of working on a team." He got both the thrill and the satisfaction this year through his participation in Indoor Intramural Soccer. However, Jon also got much more: the opportunity to meet and challenge new people each week. Jon explains, "My favorite part about the intramural season was competing against new groups of people that I have never played with before." Jon certainly got to challenge a lot of new people this year especially, as he and his team made it to the championship games. Overall, Jon's participation in Intramural Indoor Soccer allowed him to continue the sport that he loves and share his passion with new people he met along the way.



## INTRAMURAL SPORTS

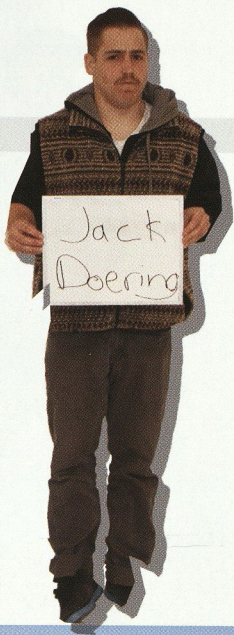
### Meeting New People and Making New Friends

"Sweat, blood, and glory" is certainly not the predominate feeling amongst participants in Regis Intramural Sports teams. Instead, from Flag Football to Ultimate Frisbee, Intramural Sports are great extracurricular activities that give students the opportunity to play a sport that they love—whether they are experts or novices in that sport. Regis offers a variety of intramurals, allowing for many different groups of students come together and battle for victory. For example, this year, the Indoor Soccer teams came together in the championship for their greatest battle yet. Player Fermin Venzor recalls, "I really liked playing with all of my friends in the championship game—it was so much fun!" His words show how Intramurals balance camaraderie with the battle for victory, taking at least the "glory" part of the old adage out of the Regis Intramural experience. Because they have this balance, intramurals are, overall, the perfect opportunity for students to play a sport, meet new people, and form an athletics-centered community without—the pressure of a varsity sport.

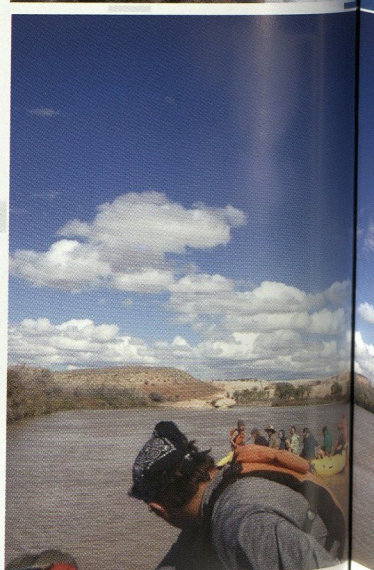
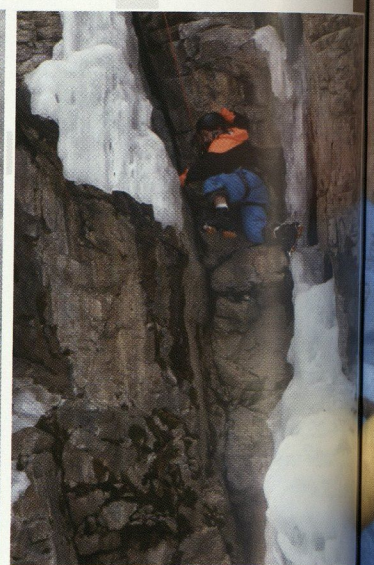


# THE STORY

## United in Love and Beauty: Jack Doering's OAP Experience



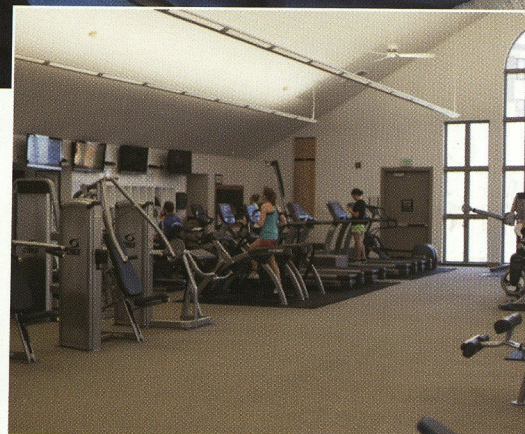
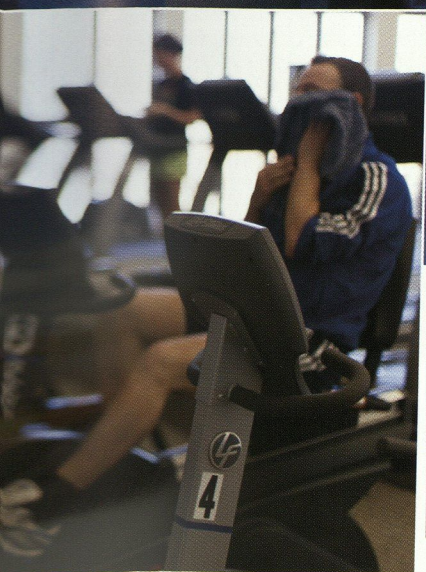
Outdoor Activities Programming, or OAP aims to build camaraderie among the outdoor-loving student body members. Traveling around the southwest during breaks and weekends, each member of OAP is guaranteed a grand adventure. This adventure—involving exposure to a variety of outdoor activities—is one of the main attractions of OAP. Member Jack Doering explains, “I got involved with OAP this year because—although I was relatively outdoorsy—I wanted to get more experience in a wide range of outdoor activities.” In experiencing this wide range of outdoor activities, Jack participated in an OAP trip to the Westwater Canyon. He reminisces, “The most fun trip I’ve been on had to be the 4-day rafting trip I led over Fall Break. We ran Westwater Canyon on the Colorado River, near the Moab area. The trip through this area could have been the most beautiful scenery I have ever seen.” This trip captures the essence of OAP, which aims to expose students to the beauty of the outdoors. Overall, exposing students to the beauty of the outdoors—and uniting students in their love of this beauty—has been the main goal of OAP, which will continue to expose and unite by offering rafting and backcountry experiences in the years to come.



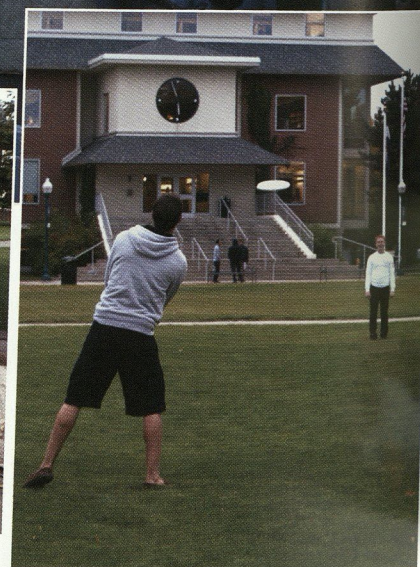
What was the most exciting OAP-sponsored event this year?

"While all events are exciting, thrilling, and adventurous, our fall break rafting trip through West Water Canyon was incredible." - Grace Corrigan





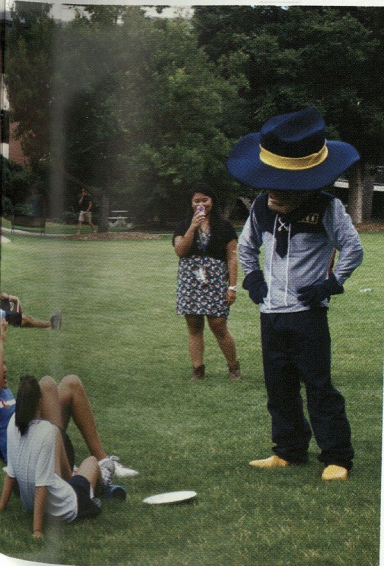






# CENTER OF ATTENTION

Quad Life



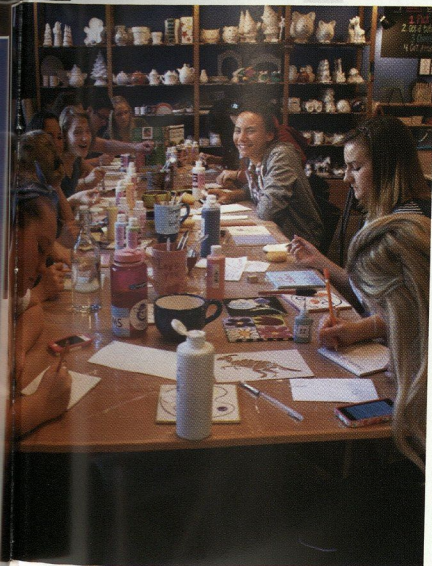
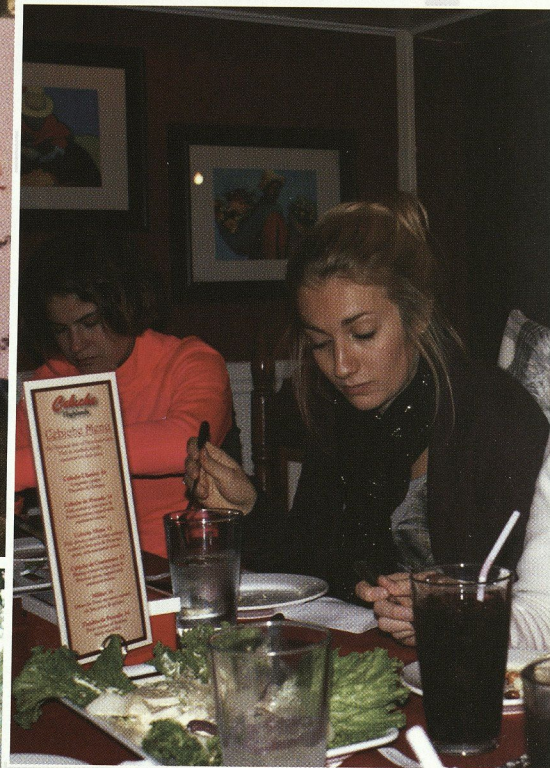




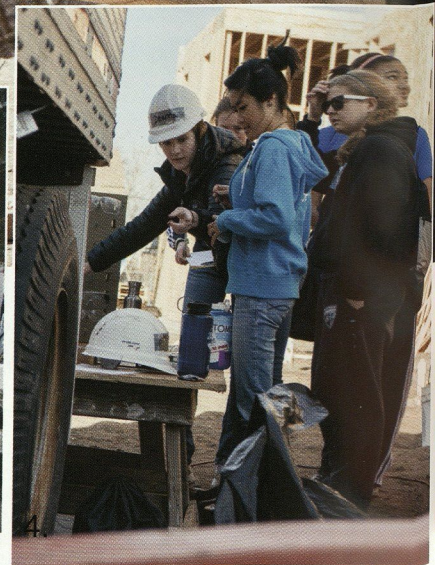


# THE REST OF OUR LIVES

What Happens Off Campus





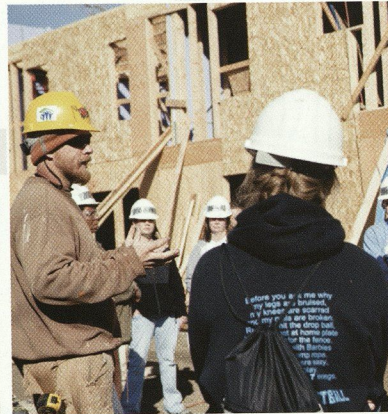
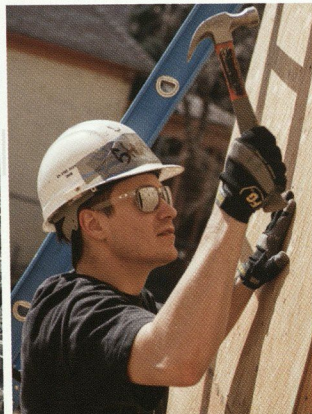




# THE STORY

## Sprouting Homes: Christy Henzgen, Changing Lives One Home at a Time

One of our most popular programs, Habitat for Humanity allows student to build quality homes for qualified families in need. Habitat for Humanity attracts a wide variety of volunteers, including Regis senior Christy Henzgen. Christy got involved with Habitat during her freshman year, when she went to Laredo, Texas, over Spring Break. And Habitat has been a part of her life ever since. Christy explains, "I love how organized Habitat is! They love to take in groups and encourage the community to invest in the houses they build and the families who move into them." In addition to involving the whole community, Habitat works to ensure that their volunteers feel the difference they make. Christy says, "They train you how to use tools, and you feel like a beneficial part of the team. It is also really cool to see the effects of your labor at the end of a workweek. While you may only work for a day or a week, you can actually see the building progress you have made on a house!" Christy's passion for the organization shows just how big of a difference the organization makes--for volunteers and house recipients alike. Because it has such a huge impact--and because it allows students to see theirs--Habitat for Humanity will continue to attract Regis volunteers for years to come.



## SERVICE OPPORTUNITIES

Putting Words into Action to Set the World on Fire

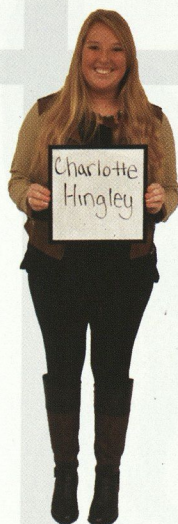
Service is a vital part of the Regis experience. Whether it's protesting at a Wendy's restaurant, helping out at the local soup kitchen, or building a home for Habitat for Humanity, students come by the bus-load to take advantage of the many opportunities to serve. Of these opportunities, among the most popular are the Habitat for Humanity Spring Break Trips. Tess Orrino explains, "Participating in Spring Break Service Trips was one of my favorite parts of my time at Regis. I met new people, traveled to new a new place, and helped build a house with Habitat for Humanity! Many of my favorite memories are from my Spring Break Trips.... I would recommend a trip to anyone!" Through her words, Tess expresses the student body's love for service with peers: service that is certainly a huge part of Habitat for Humanity Spring Break Trips, but that is also an integral part of all service opportunities at Regis--including those protests at Wendy's and trips to the soup kitchen. Overall, service opportunities allow Regis students and faculty alike "walk the walk" that the Jesuits preach: putting words into action in order to make a difference and to set the world on fire.



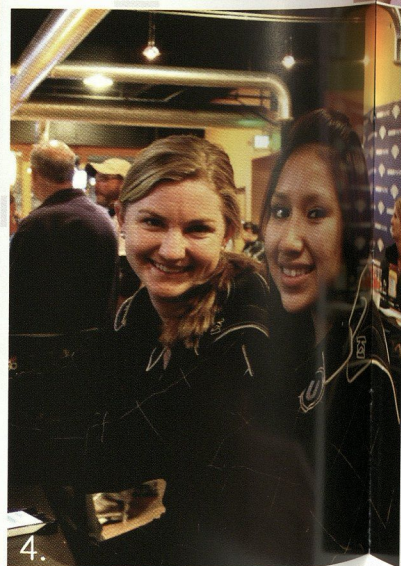
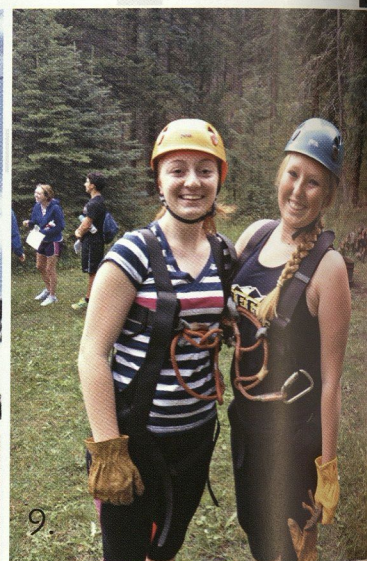
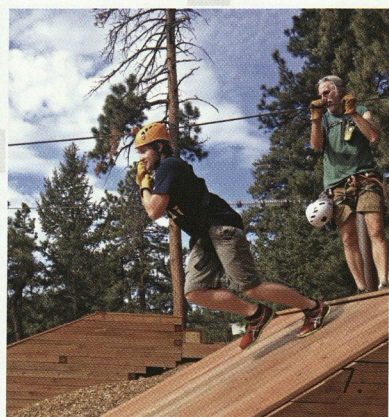


# THE STORY

## Flying With Friends



Best of Colorado (BOC) provides new students with the opportunity to experience all that colorful Colorado has to offer. Through programs such as white water rafting, zip lining, attending plays, horseback riding, and so much more, BOC exposes students to a variety of Colorado outdoor experiences. For Freshman Charlotte Hingley, joining BOC was an easy decision. She says, "I joined BOC because I had never had the chance to fully explore and experience Colorado before. I knew that this program would show me the awesome state that I now call home." Not only did joining BOC give Hingley a chance to fully explore and experience all that Colorado has to offer, but it provided her with the opportunity to meet her fellow classmates and build friendships. And what better way to build friendships than by zip lining through the mountains? Hingley says, "Zip lining was my favorite program because it was something that I always wanted to try, plus we were in the heart of the mountains." From his experiences through BOC, from zip lining to laughing hysterically during A Christmas Carol (at a part that wasn't supposed to be funny), Hingley concluded that, "BOC was an incredible addition to my freshman year at Regis. It allowed me to explore Colorado and meet amazing people!" BOC: amazing experiences, amazing people, and an amazing state.



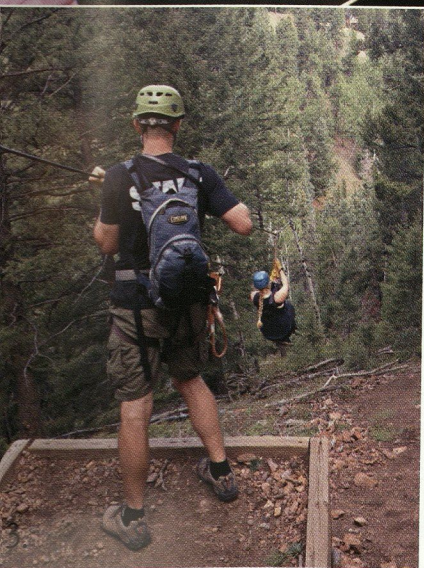
How has being part of BOC influenced your time here?



"It has helped me fall more in love with the diverse community that Regis is a part of." -John Moritz

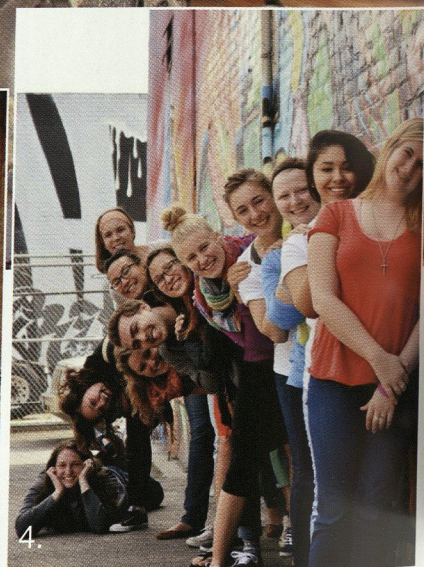
"I've met people with similar interests as me and made some really good friends" -Sarah Coyne





1. Isabella Kaser and Aleina Tanabe
2. BOC attending a Colorado Nuggets game
3. Preparing for a zipline into the forest
4. Alex Jensen and Renate Schlaht
5. The BOC member during the ice cream social
6. Members Go Kart racing
7. Taking off for a zipline
8. Enoying the beautiful weather
9. Amanda Peterson and Charlotte Hingley
10. Adele Philips, Jenny Martin, Deirdre Murphy and Kate Mehl





1. Texas Trip
2. Key West Trip
3. Boulder Trip
4. Homeboy Industries Trip
5. New York Trip
6. Key West Trip
7. New York Trip
8. Boulder Trip



# THE STORY

## A New Angle on Life: Courtney Brady's Spring Break Trip

Every year, students have the opportunity to travel to and serve communities across the country that are in dire need of help. Key West Spring Break Trip participant Courtney Brady was one such student who had the opportunity to change lives by building houses with Habitat for Humanity. Her trip was marked by a mixture of fun, friendship, and impact. About the high points of the trip, Courtney says, "My favorite part of Spring Break was getting to know the North Carolina Habitat for Humanity crew." This crew would become her friends—friends who got to share not only in fun, but also in making a difference. Addressing the rewarding nature of service, Courtney explains, "This service trip made me realize that being selfless really is exciting and eye-opening. It made me see life from a different angle and truly be grateful for the life I have." Thereby, this eye-opening experience gave Courtney something she could take back with her—something that will help her in her future as a nurse dedicated to this excitement of selflessness. Through her Spring Break Trip, Courtney—along with her fellow participants—forged friendships in fun as she dedicated their Spring Break to giving back.



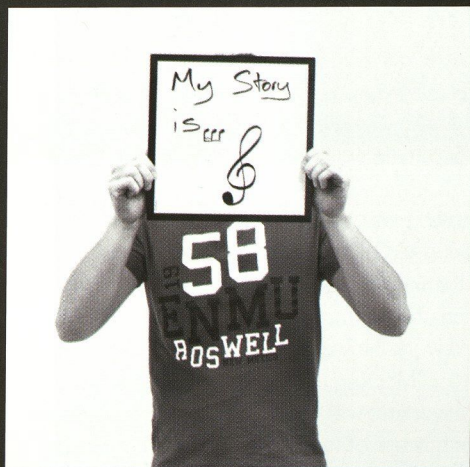
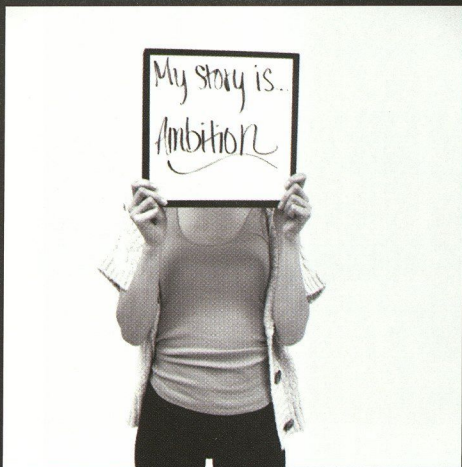
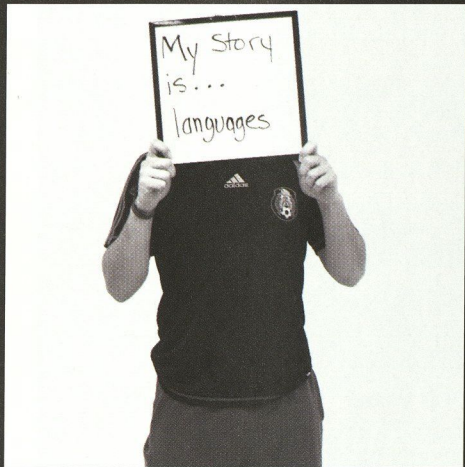
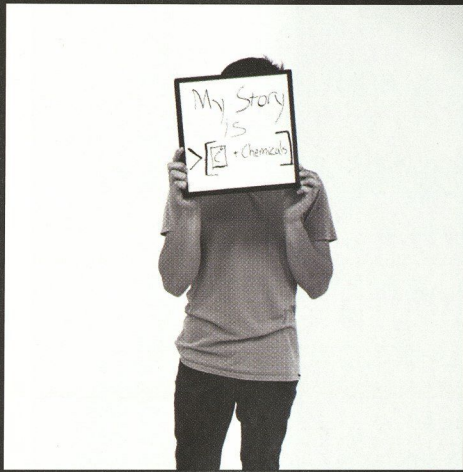
## A HOOT AND A HALF AND A VISIBLE CHANGE

### Students Using Spring Break to Change Lives

Spring Break: some sleep through it, some party through it, and the rest? They go on Spring Break Trips and give back to communities in need. Some students traveled to Boulder, Colorado to assist with cleaning up communities after the most recent floods. Some students traveled to Island Park, New York, to repair houses damaged by Hurricane Sandy. Still other students went to Key West, Florida, to build homes for Habitat for Humanity. But, regardless of their particular location, all Spring Break Trip students changed lives. As a participant on the Spring Break Trip to Florida, Emily Rose got to see, first-hand, the impact she had on the community. Emily explains, "I've always known that it's better to put hard work into something because it's more rewarding, but this has definitely confirmed that for me. Walking around and seeing how Habitat has helped with the community, and people thanking us, was just eye-opening to how you can have such a big impact on the community when you put hard work and dedication into something." As Emily shows, the Spring Break Trips were hard work. However, they were certainly not lacking in fun. Emily says that her favorite part of the trip was: "Meeting the students from the other school, from the University of North Carolina Wilmington, and working with them on the Habitat sight, which was really fun. They were a hoot and a half!" Through the mixture of fun and service, Spring Break Trip participants used their Spring Breaks to relax while serving. A hoot and a half and a visible change:

Spring Break Trips they way they were meant to be.







# THE FOCUSED STORY







**Q: How does this society help you fit into the Regis community?**

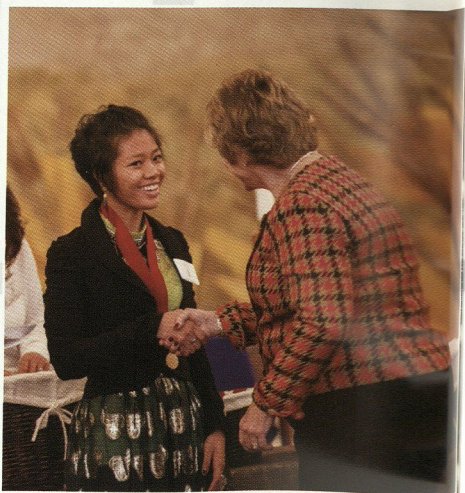
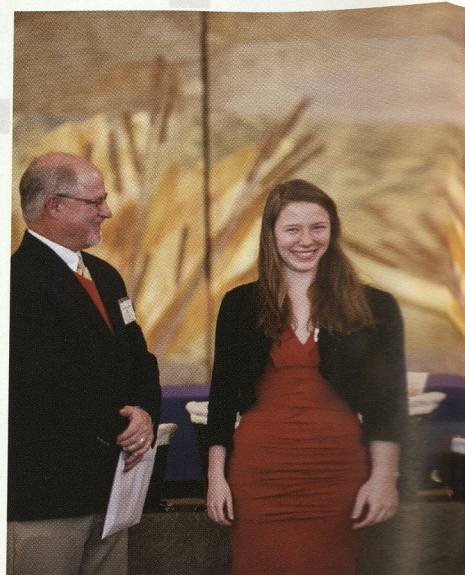
A: "As a member of this society, I feel more connected to the student body at Regis. Part of our goals as a society is to hold student events to help better our community, and to serve others. This aligns with the mission of Regis, and, by being in this honors society, I am able to be a part of something bigger than myself." -Molly Freeman



**Q: What is your favorite memory of LPE?**

A: "My favorite memory of LPE is the first day of Communication Capstone, because it was the first time we all had a class together at the same time."

-Terese Cabanting



## THE STORY

### Hannah Breece's NSCS Success

The National Society of Collegiate Scholars (NSCS) recognizes students at the top of their classes. Although members are invited as freshmen and sophomores, membership is life-long and provides a number of opportunities to network, serve in the community, and prepare for future careers. Hannah Breece, president of the Regis chapter for two years, explains that her participation in NSCS has given her the opportunity to work with peers who share her passion for academics and service. "NSCS is founded on pillars of scholarship, leadership, and service, and the organization believes that, with scholarship, comes a responsibility to develop leadership, promote integrity, and serve the community." Not only has the opportunity to serve her community with her like-minded peers devoted to leadership, academics, and service, but her role as President of the organization has also helped her in her future endeavors. "Taking on a leadership role with the organization has helped me to grow my network through the national office, plan large campus events such as New Member Induction and March to College Day, and work closely with Career Services to create programs for members." In allowing her to expand her network, her leadership role also allowed Hannah to become more involved with the Regis community and larger NSCS national community. Overall, Hannah's experiences with her honor society have been marked by success and service--success that will help her continue to serve in the future.



**Q: What do you like most about your Honor Society?**

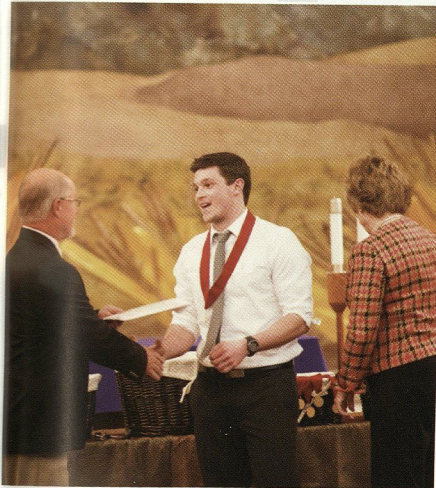
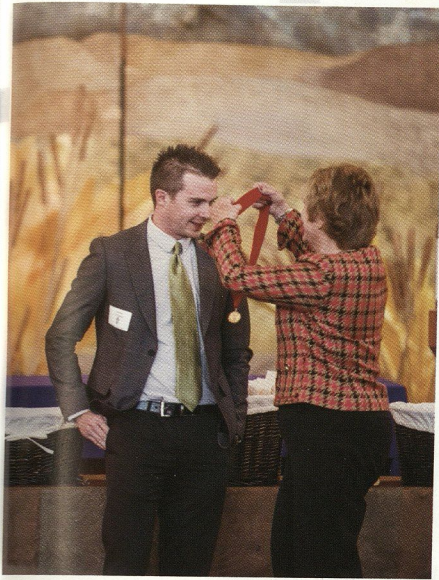
A: "Every member of Alpha Sigma Nu, the Jesuit Honor Society, has dedicated themselves to academics and service. Consequently, not only do we get to form a community of like-minded individuals, but we also get to come together to serve--which is fun because we get to do it with each other and rewarding because we get to serve." -Shannon Doherty



**Q: What is your Honor Society about/what is its mission?**

A: "TriBeta is a science research club with the mission of promoting scientific research, creating a community of aspiring scientists, and providing essential information about research, graduate school, and career options for people in the sciences who are not interested in being medical professionals."

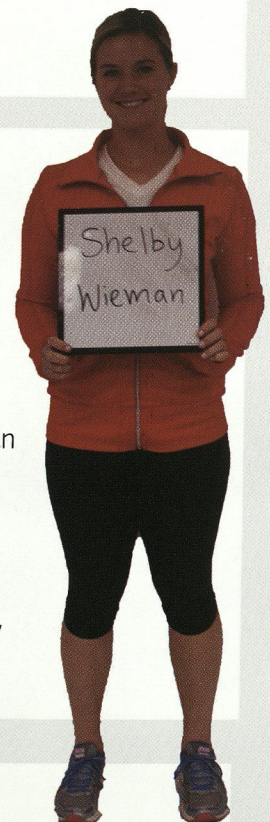
-Rene Suleiman



## THE STORY

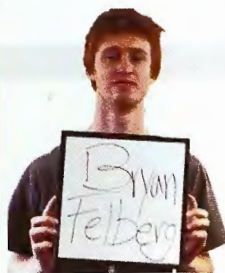
### Shelby Wieman: Becoming More Involved

Honors Societies provide the unique opportunity for high-achieving students to come together to learn and grow. As a member of Lambda Pi Eta, the Communications Honor Society, Shelby Wieman is one person who benefits from this unique opportunity. She states, "Being part of this society helps me get to know my fellow Communications majors and become more involved in the department." In the course of becoming more involved in the department, Shelby has participated in many Lambda Pi Eta events—including service projects. Shelby reminisces, "My favorite memory is from one of our service projects, where we helped run a haunted house for an elementary school's Trick-or-Treat Night." Not only did this activity give Shelby a chance to serve, but it gave her a chance to have fun while serving alongside her Lambda Pi Eta co-members. By integrating her more fully into the Communications department, and by giving her opportunities to participate in service activities like Trick-or-Treat Night, her membership in this society has given her—and many of her co-members—a new perspective on what it means to be a part of the Regis community.

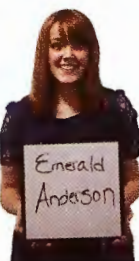




## How HAS THE COMMUNITY IN YOUR WRITING SEMINAR GUIDED THE CLASS?

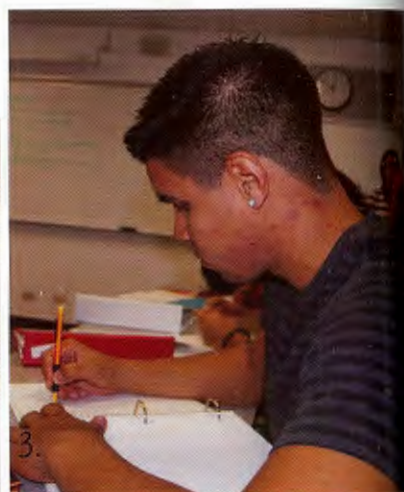
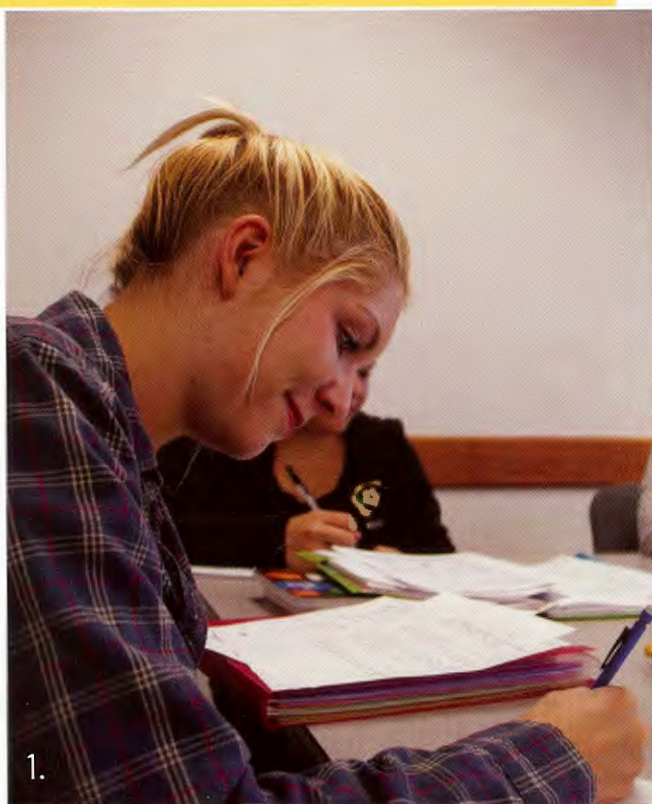


"I like it, it allows me to learn who people are and who I live with. None of us know why we're in an ecology course. It's cool we have a lot in common."



"I feel like by, interacting and being around these people for the entire year, we will all share a bond for the next four years and on."

1. Alyssa Wulfert
2. Cynthia Betancourt
3. Angel Oaxaca
4. Becky Vartabedian



## THE STORY

### Cameron Trost: Raising Awareness



As one of two boys in his Freshman Writing Analytically Seminar, "Cancer and Society," Cameron Trost described his experiences in this very emotional class. Of all his options for a freshman writing seminar, Trost chose "Cancer and Society" because he lost his grandpa to cancer, and he wanted to see how the cancer epidemic impacts society as a whole. In order to help the community see the numerous types of cancers that impact those around us, his class hosted the "Every Ribbon Counts Walk." This walk raised awareness for all cancers, instead of focusing on breast cancer. "Not everyone realizes how many people are impacted by cancer every year, [and] as a whole we only focus on breast cancer. We need to show our support to everyone, not just breast cancer patients," Trost explained. Looking down at his pink, Breast Cancer Awareness shoe laces, Trost smiled and joked, "I'm not a very good example of that right now." Trost went on to explain his emotional experiences in this very different kind of class, saying, "a lot of people consider this class the therapy class. Almost everyone has cried at least once this year, but it definitely brings us closer together. I guess you could say it is an emotionally-safe environment. I feel like not many classes have that connection." Everyone in Trost's class has experienced a loss from cancer at some point in their lives—an experience they all share and that, thereby, brings them all a little closer. This fact makes "Cancer and Society" a prime example of the Freshman Writing Seminars, because that is the point of the seminar classes at Regis: to help bring everyone a little closer.

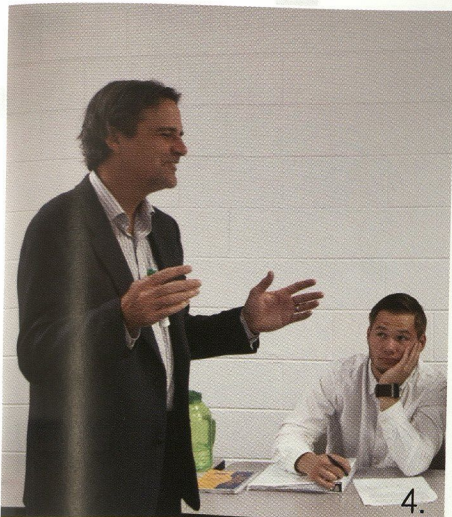


## OVERALL, WHAT IS YOUR FAVORITE PART ABOUT YOUR CORE CLASSES?

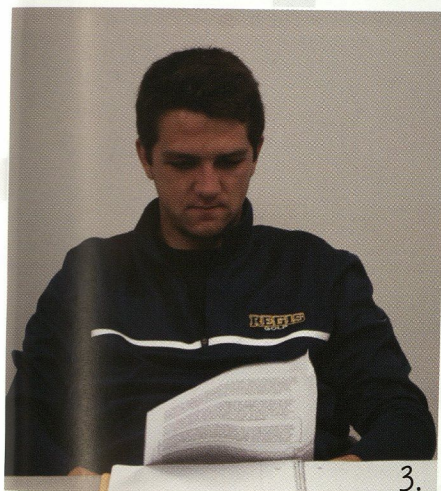
"I enjoy the fact that, within our core classes, our teachers treat us as equals--unlike in high school."



"They give you the opportunity to experience a variety of classes in order figure out what you love to do."



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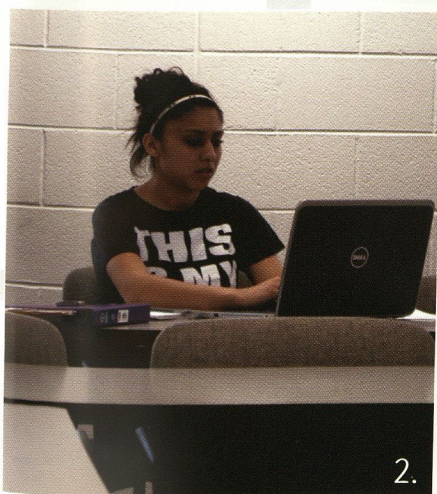


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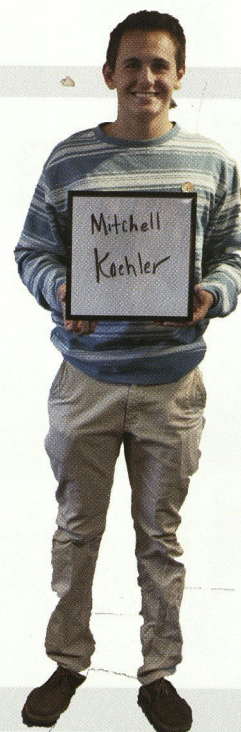
1. Greg Lee
2. Britney Molina
3. Chris Hart
4. Dr. David Hicks



2.

## THE STORY

### Core Courses according to Mitch Koehler



Regis requires all students to take core classes in the hopes that they will learn new skills that they will be able to apply to other aspects of their lives. As one of the many students taking core classes this year, Mitch Koehler explains, "I feel like they're necessary because they help you understand the world around you and they provide different viewpoints." One of the core classes designed to help students do just that is speech class, designed to help students acquire and perfect the skill of communication in a public setting. These speech classes are usually small in size, and this helps students feel more confident while presenting their speeches. Mitch believes that "Speech will benefit me not only in my studies, but also in the future because I know I will always be able to hold a conversation and speak my thoughts clearly." Another plus of core classes is that they aim to build relationships—with peers and students—in addition to well-roundedness. Mitch emphasizes the value of the relationship aspect of core classes when he says that his friends "are providing me with different points of view that I normally wouldn't see, and that's very valuable." Overall, as Mitch explains, Core classes bring new experiences and skills to its students—which is precisely the purpose of these educational classes.



## Q & A (Spotlight)



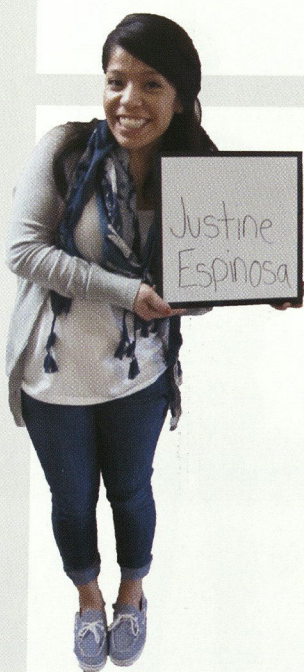
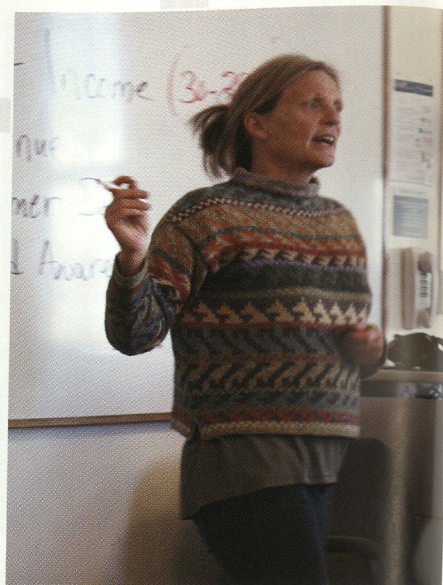
**Q:** What is your favorite part of studying Business at Regis?

**A:** "I guess the favorite part of studying business is the faculty in the Business Department. Everyone is really helpful and committed to helping the students better their skills so we can apply them to our future careers."  
- Jason Huggins



**Q:** What interests you about business?

**A:** "Being able to take a product and making money from it. I like the nuts and bolts about processes in general but especially business because of how intricate it can be to your ultimate success and ability to make profit in this world." - Victor Ribakare



## THE STORY

Justine Espinosa: The Business Student Who Wants to Make the World Better

**B**usiness Management at Regis is a different kind of Business major, teaching students not just about Business, but also about how this field fits in with the Jesuit mission. Justine Espinosa is a Business Management and Peace and Justice double-major that hopes to use this different kind of Business degree to work in the nonprofit industry. She also plans to enhance her skills in Business Management with her Peace and Justice degree, in order to help her make business decisions that will benefit both her clients and her company. Justine explains, "The Jesuit mission of Regis has inspired me to think differently about business. It has inspired me to pick a career that uses my experience and knowledge in business to serve people in my community." By inspiring her to think differently about her role in the business world, her Jesuit education has taught Justine how to use her education to serve. Overall, her degrees have given Justine the opportunity to live out the Jesuit mission in her future careers—careers that will hopefully fuse Business Management with Peace and Justice to allow her to serve her community.



## Q & A (Spotlight)

**Q:**What interests you about accounting?

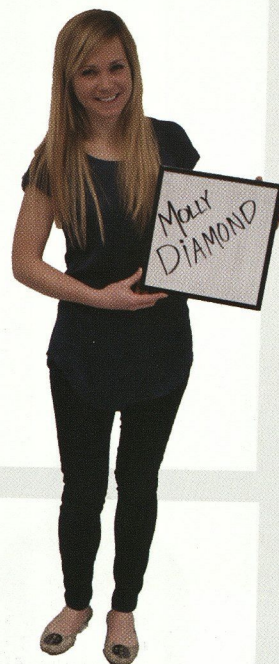
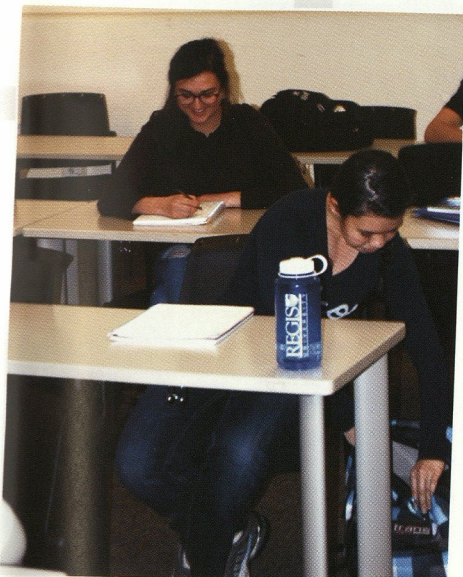
**A:** "Other than the job opportunities that it offers...I love to crunch numbers, so i guess it's a good fit."

-Chris Hart



**Q:** How has Regis impacted your choice to pick a career in accounting?

**A:** "I've really enjoyed all the Accounting and Business classes I've taken here, we have such wonderful and caring professors who have all inspired me to do my best." - Erica Getz

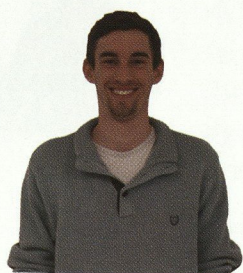


## THE STORY

Molly Diamond, CPA in Training

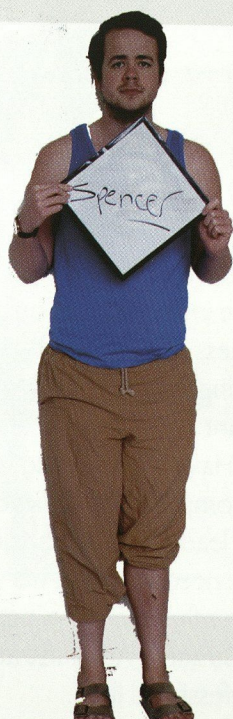
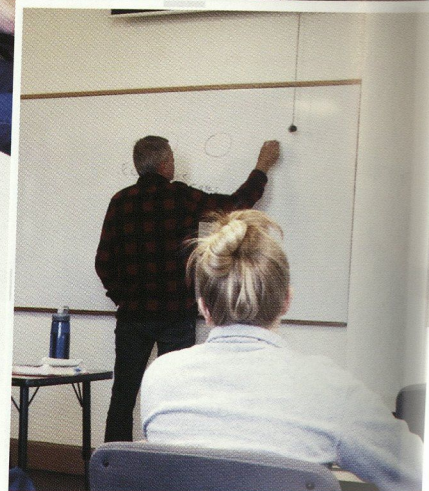
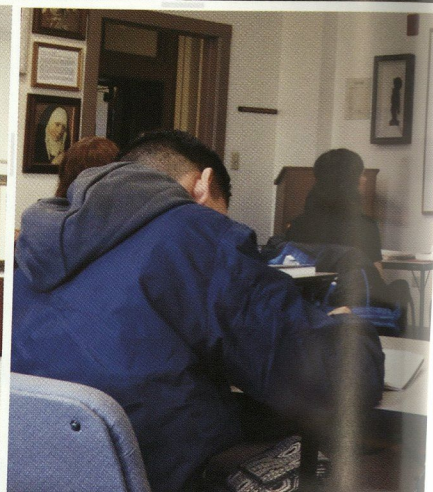
A degree in Business and Accounting aims to equip students with the skills (communication, presentation, leadership, technological knowledge) they need to be successful in their lives after Regis. After four years under the instruction of our Accounting and Business Administration department, Senior Molly Diamond, an Accounting and Business Administration major with an emphasis in Finance, is no stranger to these skills. For the past four years, Molly has been working very hard within the department, and her hard work has paid off—she is currently working on her Certified Public Accountant (CPA) certification, and she will begin working full-time with Ernst & Young, LLP, Assurance practice shortly after graduating. Having a job lined up right after graduation is no easy feat, and Regis was instrumental in teaching her the skills she needed to accomplish this achievement. Outside of her major department, Regis has helped Molly reach her career goals by providing her with leadership opportunities on campus—opportunities that then gave her the resources and professional developments skills that she needed to get her job and that she will need in her career. Molly explains, "Regis University has been a holistic education that I can rely on both in personal and professional endeavors." Overall, this holistic education under instruction of the Accounting and Business Administration department has prepared several students like Molly to take on any challenge in their personal and professional lives.





What got you interested in studying Economics?

"Everything in econ stems from a series of decisions, and I like seeing how those consequences manifest themselves." - Ian Drew, Economics Major



## THE STORY

### Spencer Jordan changing the world through Economics

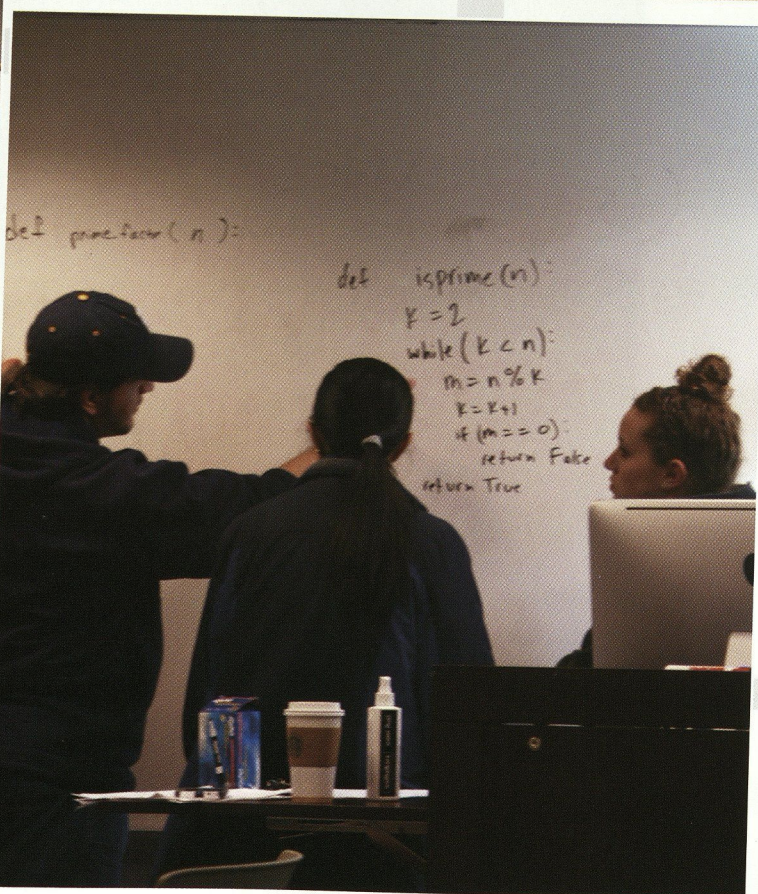
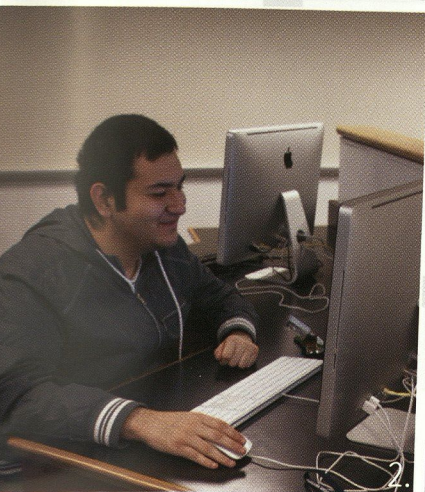
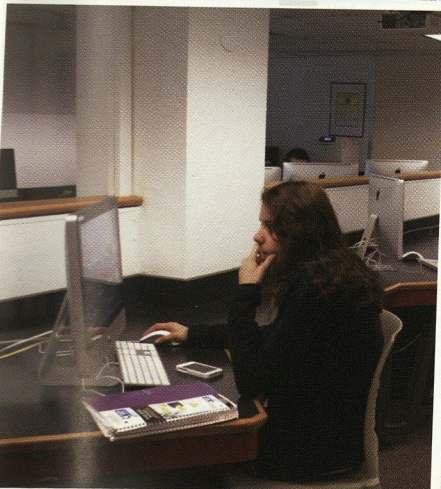
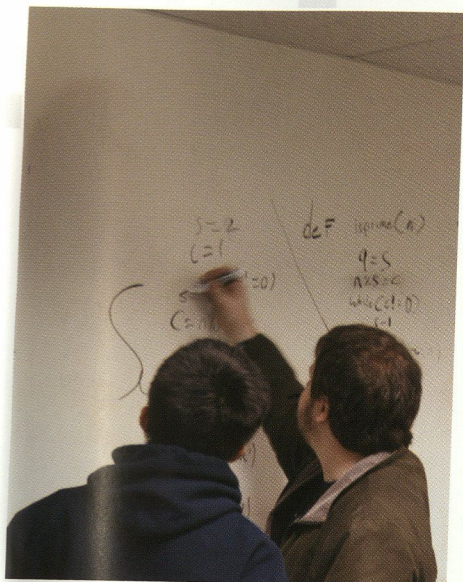
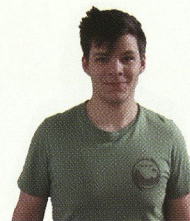
We have all heard of the terrible shape our economy is in, economics collapsing worldwide, and even threats of economic terrorist attacks--the economy is a central part of modern life. In the modern world, there are people who fear this powerful thing called an economy, and then there are those who "take the bull by the horns" and study it. These students, our Economics Majors, learn about how the economy functions on both micro- and macro- levels and how they can change the world through economics an an economic way of thinking. Senior Economics major, Spencer Jordan, plans to do just that--use his degree to change the world through economics. Regarding the invaluable skills he learned from his degree, Spencer explains, "Specifically, economics taught me how to think rationally and, well, economically. In my mind, approaching decisions from an economic point of view typically leads to the best conclusion." And this economic approach to life will help him solve problems in both his immediate and distant futures. Spencer shares, "I leave for Sierra Leone in June as part of my commitment to the Peace Corps. From there, I hope to enter the United States Foreign Service (the diplomatic arm of the federal government) and live and work overseas at a US embassy. Economics will hopefully allow me to approach critical decisions with a clear and sound mind, and it will specifically allow me to help solve many of the problems facing developing and developed countries around the world." By applying his economic thinking and thinking about economics to solve critical problems in Sierra Leone and in a US embassy, Spencer will put his Economics degree to good use, using it to help him live "How we ought to."



### What is it like being a Computer Science major at a Liberal Arts School?

"Being a Computer Science major at a liberal art school is awesome, because people hear that you are a CS major and automatically assume that you are the person to go to with all their computer issues and problems with technology." -Daniel Magil

"On the liberal arts level, it just gives it a unique feel. You aren't just learning about your passion, but you are also learning about the world around you. You get the full picture rather than just one half of it, and are able to really see your place in the world, and what your major can do to help." -Steven DeStefano



## THE STORY

### John Khwajazada: Unraveling Mysteries through Computer Science

Technology has been the human answer to several problems for years—from how to constantly monitor patients' heart rate to how to communicate with people you never would have met otherwise, computer technology has become a central part in modern life. Computer Science Majors aim to unravel the mysteries behind computer technology and harness them to create new worlds (e.g. through programming video games and applications). A successful Computer Science and Communications Double-Major, John Khwajazada is one student who uses his Major in Computer Science to help him unravel the mysteries of how things work. John explains, "I knew coming to Regis that I wanted to do something with Computer Science because I have always been a big fan of technology and I wanted to further my knowledge of how things actually work." And most of his Computer Technology classes have helped John complete this mission. John says, "...I can't pick a class that has been most influential on me because all the Computer Science classes I have taken solve a problem. All of these classes are needed as a whole to truly understand Computer Science, so I would have to say all of the classes I have taken have been influential on me." John's experiences with the Computer Technology program have thus impacted him by helping him to solve problems—and, in solving problems, accomplish his mission to further his knowledge of how things actually work. John sums up his experiences with his Major when he says, "I can count in Binary thanks to Computer Science."



## Q & A (Spotlight)



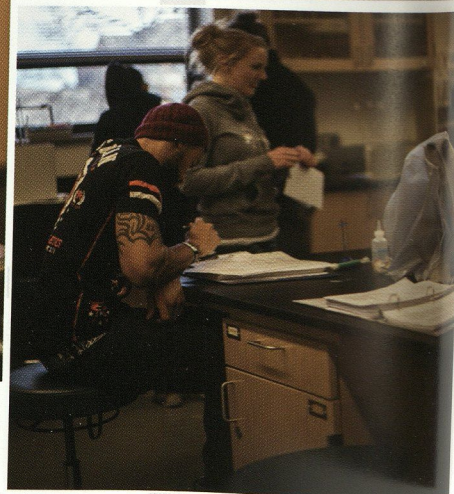
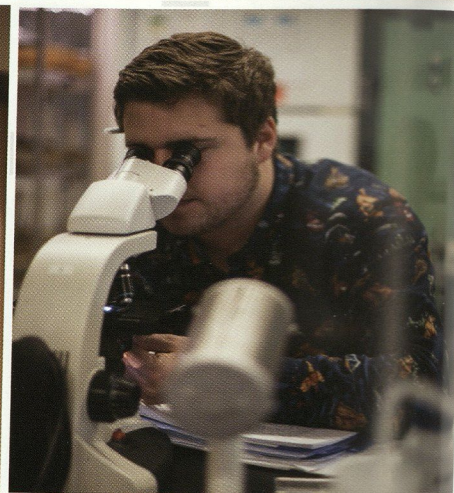
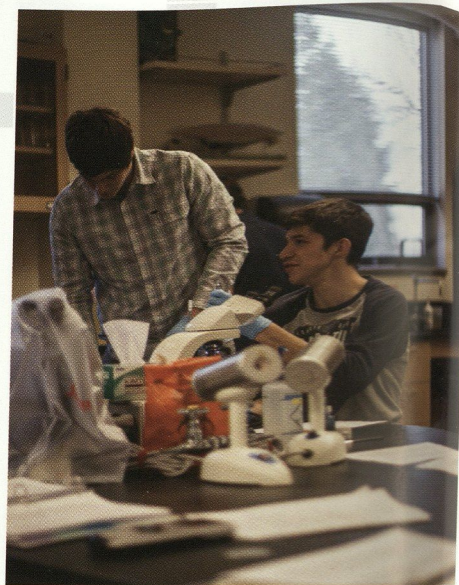
**Q:** What do you plan to do with your biology degree?

**A:** "I plan to attend medical school, most likely at Creighton." -Sean Typher



**Q:** What do you plan to do with your biology degree?

**A:** "I plan on attending physical therapy school, and [I] hope to one day either work with child cancer rehab or with war veterans." -Justine Tramontana



## THE STORY

It's More Than Just a Major, It's Life!

**F**rom the day you learn what a job is, you begin thinking about what you want to do when you grow up. And, as you grow up, this idea changes, and you start to pursue something that you are truly passionate about. Sophomore Isabella Kaser found this passion in biology. Starting as a nursing student, Isabella began to realize her true passion while taking the nursing classes. She explains, "I took a microbiology class and found it really interesting, so I switched my major from nursing to biology." Isabella switched her major because she saw something in biology she did not see in nursing—and this "something" is the study of life itself. "Biology is the study of life sciences, and life is awesome! I think it is so interesting to learn about the world around us," Isabella explains. A major in this study of life, like most majors, has many potential future applications. Isabella is interested in using her biology major to: "Get my masters in Public Health, because I want to use my knowledge and privileges to educate and take care of the under-privileged communities around the world." Isabella Kaser is following her dreams and doing what makes her happy—in biology, she has found more than just a major. She has found a passion.



## Q &amp; A (Spotlight)

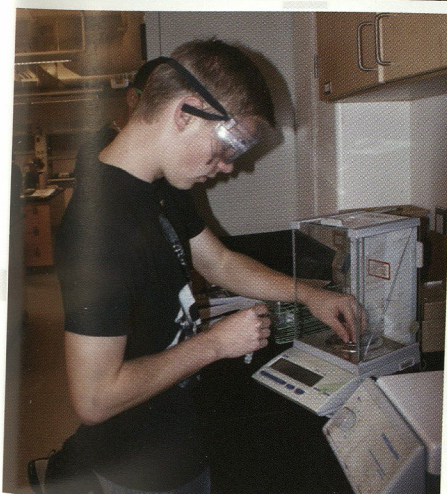
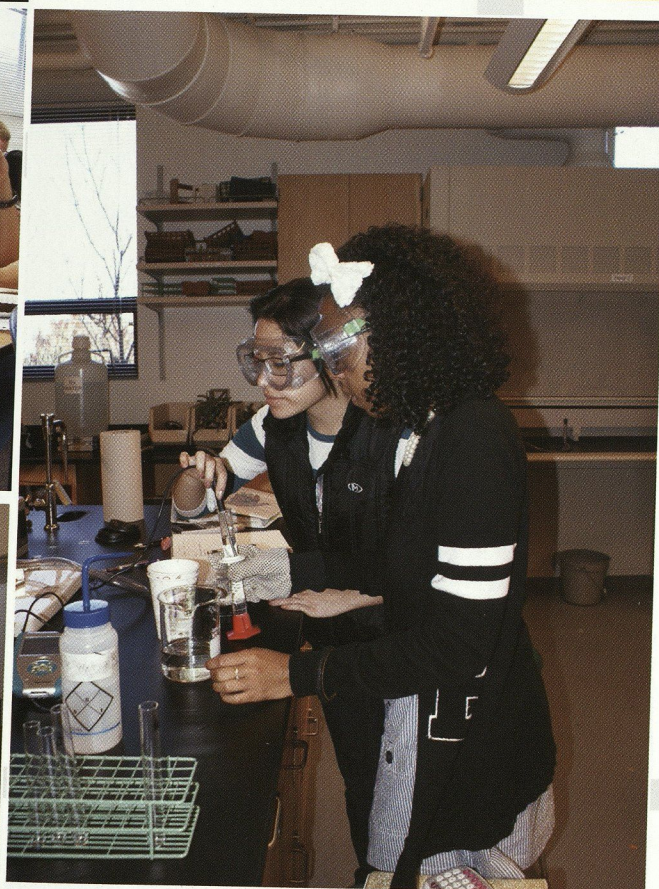
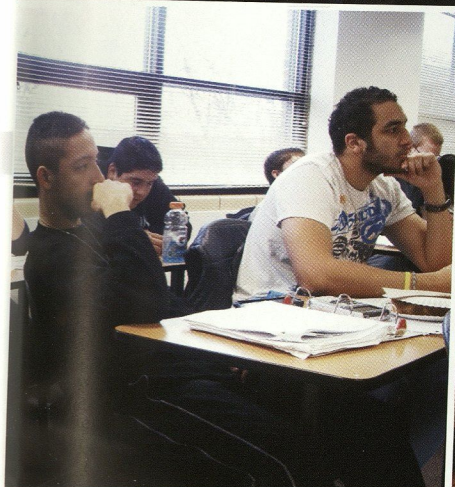
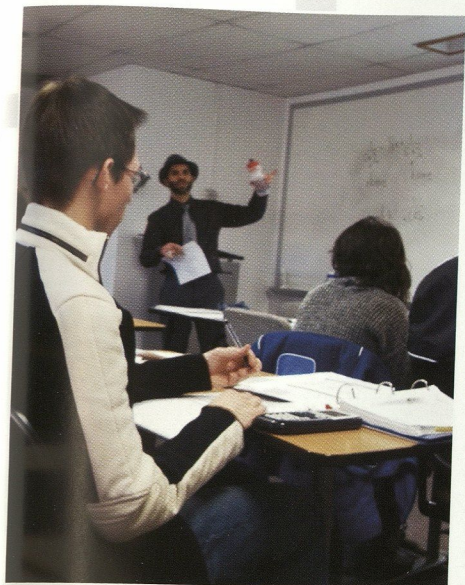
Q: What got you interested in chemistry?

A: "I learned about how chemicals could be mixed together to form a completely new product, and I was hooked." - Catherine Gonzalez



Q: What got you interested in chemistry?

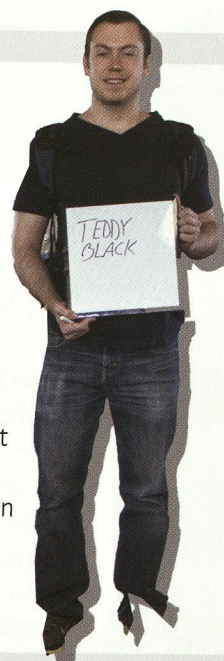
A: "Initially, I was interested in chemistry because someone told me I wouldn't be. I saw it as a challenge, but I discovered last year that I love it and the challenge it provides." - Zoe Platt



## THE STORY

### Teddy Black and the Road to Pharmacy

By no means is chemistry an easy major to fulfill—which is why the brilliance of the students who choose this major comes as no surprise to those who know just enough about chemistry to know that it is complex (with all the reaction rules, and exceptions to the rules, for example). Teddy Black, a senior Chemistry major, is one of these brilliant students who has taken on the challenge of the foreign language known as "chemistry." To pursue such a difficult major requires a great deal of dedication—dedication that needs to be driven by a passion. For Teddy, chemistry fulfills his love of "learning why things work the way that they do." Because he likes learning the why's of the world, Teddy further explains that favorite thing about chemistry is that "the [information] it provides [always] manages to amaze/surprise me, and it's very eye-opening." After finishing his degree—which will hopefully open his eyes to the way the world works—Teddy plans to go to pharmacy school, hoping one day to be a pharmacist. Overall, although chemistry is a very tedious and challenging major, it also offers endless possibilities of further knowledge—possibilities of finally explaining the why's of the world.







Q: What is the best thing about your major?

A: "As much as I love the actual academic content of my major, I have to say that the best part is definitely the people. The Neuro and Psych department is overflowing with outstandingly bright people that are always available for both intellectual and 'real world' talks."

- Pearl Lackner, Neuroscience and Psychology Major



Q: What is the best thing about your major?

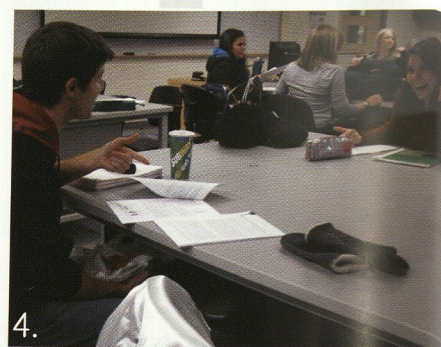
A: "The best thing about being a neuroscience and psychology major is you get to analyze human behavior through two lenses. The more I learn about the intricate neurological and psychological complexities of human nature, the easier it is for me to recognize how humans are truly a beautiful work of art."

-Genevieve Miller, Neuroscience and Psychology Major

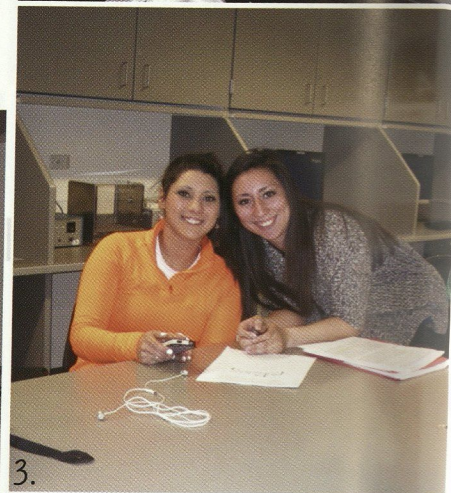
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2. Michael Proffitt
3. Brittany Wedeman and Samantha Leger
4. Michael Olson and Melissa Jimenez



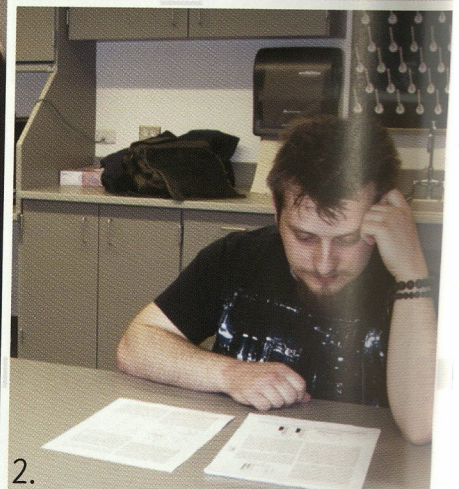
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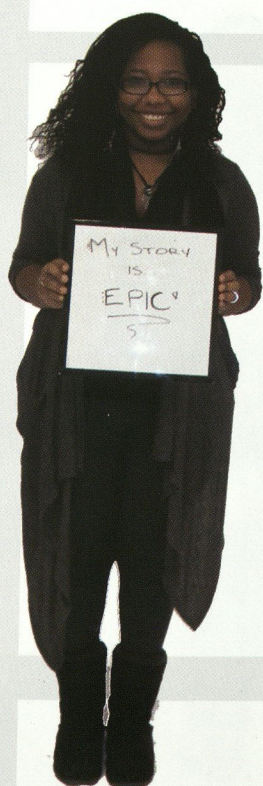


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## THE STORY

### Passion Pursuing Intimate Intricacy

When people hear the word "neuroscience," many think about "mad scientists" working in the lab—about neurons and petri dishes. While neuroscience certainly does involve both of those things, it can also be so much more—and the Regis Neuroscience/Psychology department works to make sure that it is more. Through its integrative Neuroscience major design, in which Neuroscience majors take biology, chemistry, neuroscience, and psychology courses, the department teaches its students not just what neuroscience is but also how they can use it. Of all of the areas that neuroscience majors must branch out into, psychology is one field that particularly overlaps with the major. Senior Neuroscience and Psychology double-major Morgan Slaughter explains the relationship between psychology and neuroscience as she says, "Neuroscience and psychology intimately relate to one another in order to explain two of the most intricate and beautiful facets of life: the brain and human behavior. I love that." With its intimate intricacy, the Regis Neuroscience major requires a great deal of commitment. Morgan adds, "I feel that being a double major in Psychology and Neuroscience requires a desire to learn about the subjects—and PASSION!" Overall, because of the integrative nature of the Neuroscience Major, it intricately intertwines with several other subjects, especially psychology—something that double majors like Morgan Slaughter become intimately aware of as they pursue their passions.





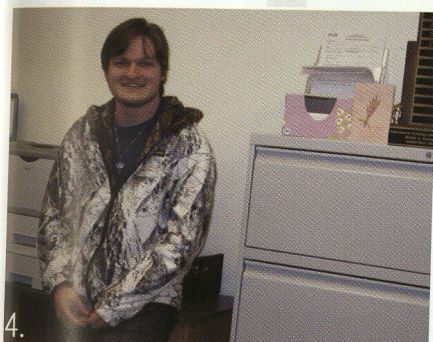
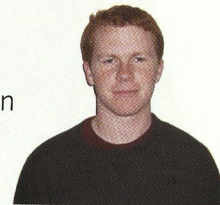
Q: What is the best thing about your major?

A: "I love the community and how I feel continually challenged and yet still capable." -Kat Meyer, Psychology Major and German Minor



Q: What is the best thing about your major?

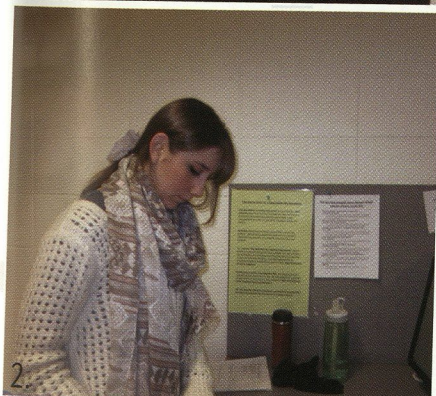
A: "[The] best part: the teachers are awesome!" -Sean O'Donnell, Psychology Major



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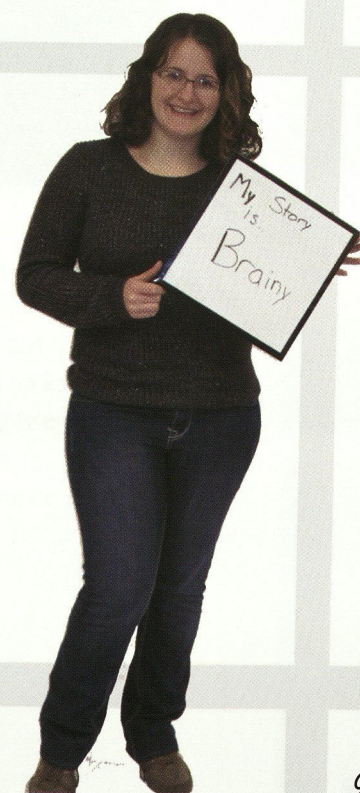
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1. Amie Webb
2. Brianna Krueger
3. Kelly Sebring
4. Zach Koneval

## THE STORY

### Psychology, Behavior, and Mentors

We have all seen it. We have all done it. Now Psychology majors study it. Human behavior is something common to us all—it is something that no one can avoid, something that often confuses us about others, something that we sometimes cannot even explain about ourselves. Psychology majors look at human behavior and attempt to explain what it is all about—why people do and say and feel what they do. The fact that we all do it means that there is a lot to study—something that both furthers the field of psychology as a science and something that makes understanding human behavior a daunting task. Therefore, one of the most important factors in undertaking the task of unraveling the mysteries of us all is good mentorship—something that the psychology department has plenty of. Psychology major Alexis Fehringer says, "The best thing about being a Psychology major is the department. They're always there and are always willing to help you find opportunities to make the best of your college career." She goes on to explain, "It takes dedication to be a psych or neuro major. You will have to work hard, but there are always people to help you along the way: professors and your fellow majors." Through their support and encouragement, the Psychology department guides Psychology majors like Alexis Fehringer through the hard work so that they can come to understand the vast world that psychology seeks to explain.







How does your major help you fit into the Regis Community?

"My major helps me fit into the Regis community by expressing the Jesuit value of Cura Personalis, the care of the entire person."

Chelsea Fuente

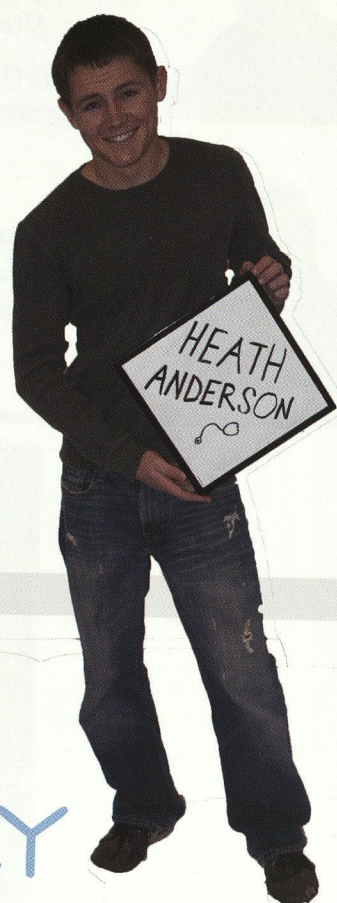


What do you like most about your major?

"My mom was a grad of the Regis Nursing program and I have seen the lives she has changed throughout her practice as a nurse. I have been around health care my entire life and strive to also change people's lives at some or their most vulnerable moments." Kylee Fehr



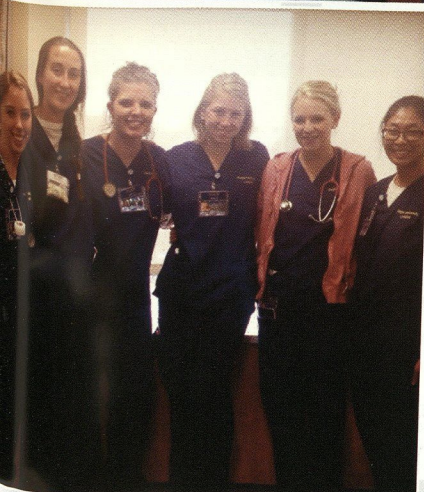




## THE STORY

### Floating Like a Butterfly and Stinging Like an IV: Heath Anderson's Road to Nursing

Pursuing a Nursing program requires a lot of hard work and dedication. Heath Anderson, a senior, has experienced first-hand the challenges of pursuing this profession. To pursue such a difficult profession requires passion. For Anderson, this passion was: "The culmination of my love for science and philosophy. I threw in some passion for the insane and beautiful thing that the human body is, and ultimately ended up [in] nursing. I decided that when I'm an old geezer looking back, I could probably die happy with a life lived for others." A life lived for others is a beautiful thing; however, it also brings its own challenges. This year, Heath discovered the challenges of the graveyard shift during his clinical experience. He explains about his experience, "During their Senior Practicum, some nursing students have to work the graveyard shift for clinical. [It's] usually a 12-hour shift from about 7 P.M. to 7 A.M.... But I finally figured out how to beat it and can say I haven't lost a round yet. So, a tip to anyone wondering: the secret is to keep moving. Float like a butterfly, sting like an IV, and you'll be fine." All these experiences have thought him about his passion for nursing, and, as he states, it has showed him that he loves "the exposure to life"—an exposure he will continue to pursue in his life lived for others.







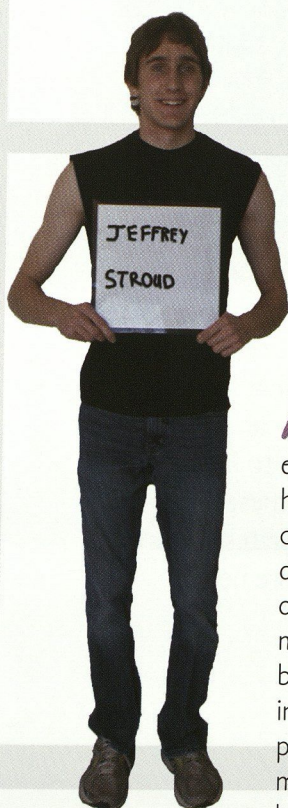
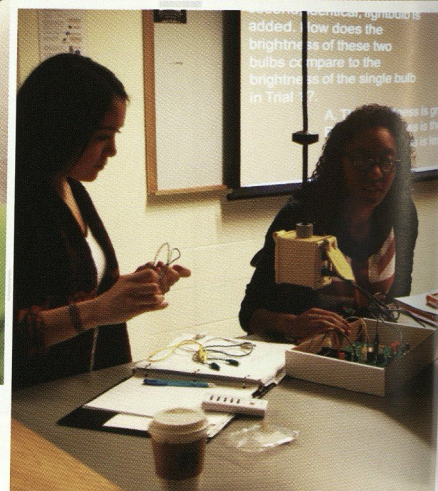
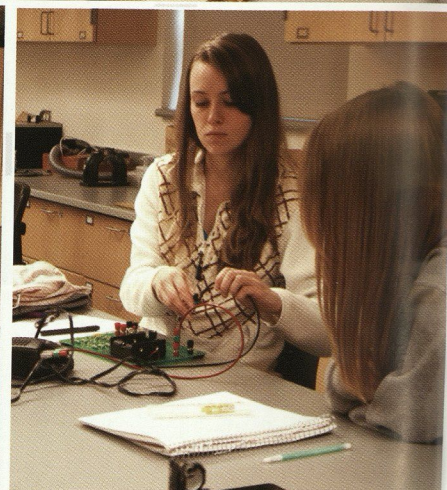
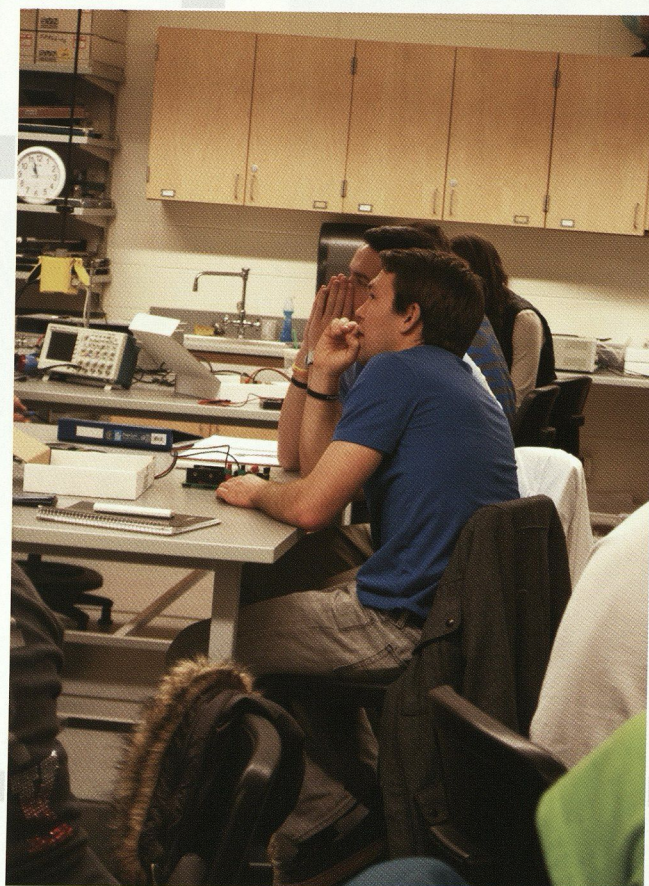
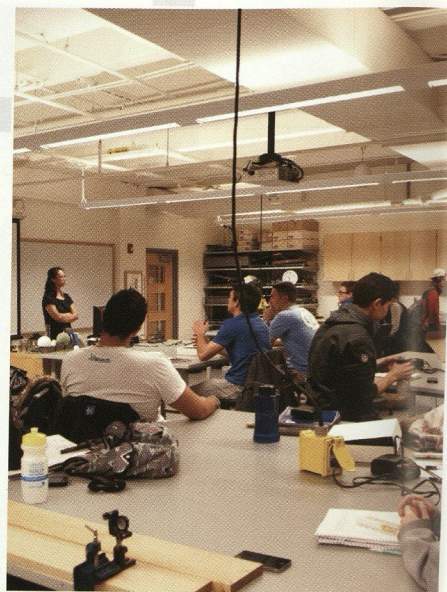
### What do you plan to do with your degree?

"I am going into the Peace Corps right after graduation, where I plan on teaching math in Sierra Leone. After that, my current plan is to go into the Foreign Service (the US diplomatic corps) and work and live abroad." -Spencer Jordan



### What was your favorite class?

"Business Calc, because it really helped bridge the gap between the business world and math." -Natalie Kramer



## THE STORY

Jeffrey Stroud the Math Major

**A**n addiction to numbers, problem solving, and real-world applications of math are just some of the entertaining things that Jeffrey Stroud—a double major in Mathematics and Economics with a minor in Physics—has discovered. With the help of his math professors, Stroud has pursued his passion for math and made the most out of all of these addictive, problem-solving classes. Out of the many courses Stroud has taken to fulfill his degrees, his favorite one was: "Electronics, because I was able to learn enough about circuit boards to design and create a motion sensor!" Not only did Stroud enjoy the freedom to create what he imagined in the world of motion sensors, but he also learned invaluable skills that will help him in his future as an actuary and as a businessman. Stroud explains, "...My long-term goal is to become a venture capitalist, which is a combination of investing and entrepreneurship." Investing and entrepreneurship certainly require the flexible use of numbers and problem-solving skills—two things that are not in short supply for Stroud, thanks in part to his Mathematics major. These huge aspirations require knowledge of his own capabilities. Throughout his college experience, being a part of the Regis community has opened Jeffrey's eyes to what he is capable of, and his professors—including his mathematics professors—have prepared him with the tools he needs to be successful.





## What was your favorite class and why?

"Psychics, Conspiracies, and Bigfoot with Dr. Trenary. The class is my favorite because the professor was outstanding, the subject was interesting, and the people were fantastic. All of us in that class were very good friends, and I consider many of them to be among of my best friends at Regis." -Christian Klein



## What do you plan to do with your degree?

"Possibly engineering, or simply science research. Regis has provided me with great resources and skills to help me reach my goals." - Ruby Nunez



## THE STORY

### Sustainable Thinking: Emily Rose the Environmental Science Major

In recent years, people have become increasingly aware of the impact that humans have on the environment. Environmental Science Majors study these impacts, taking environmental problems head-on to help society live more sustainably. Junior Environmental Science Major Emily Rose is one such student who has taken on this huge task of figuring out how humans can live sustainably. Studying the impact humans have on the environment, as well as the impact that the environment has on us, Emily has discovered both challenges and passions related to the advancement of sustainable living. She says that being an Environmental Science Major requires: "Persistence and patience because being sustainable is not a social norm, so trying to get people to think sustainably...can be frustrating." And understandably so. However, the payoff of getting people to think sustainably is well worth the cost. Emily says that the best part of her major is: "Probably that there's a lot of different perspectives that you can take, and a lot of variety within it, and it can be really rewarding knowing that you're trying to impact the environment and people's lives at the same time." Specifying how she would like to impact the environment and people's lives, Emily continues, "I would like to go more into a microbiology perspective and study how microorganisms play into effect in the environment, and how they can benefit or harm us, and how they can be used in a sustainable way." Through her current and future studies, Emily—alongside her fellow Environmental Science Majors—hopes to make a difference for people and the environment alike by teaching people to live and think sustainably.







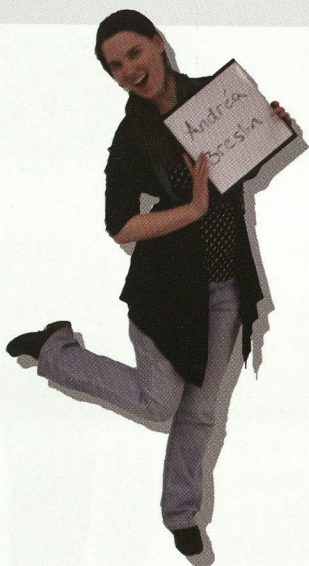
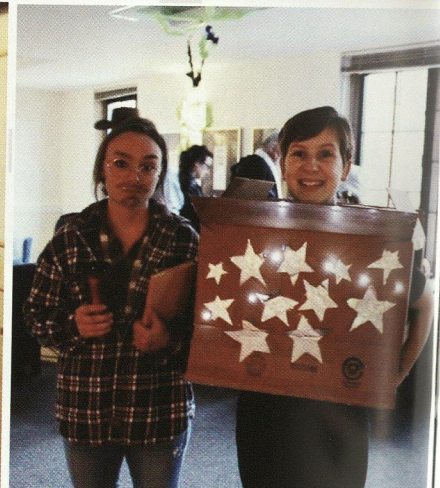
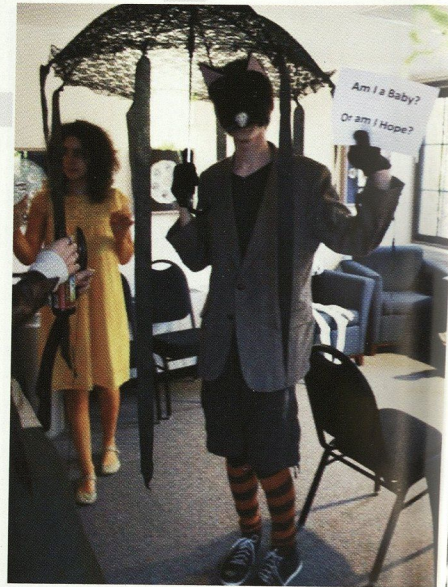
**Q: Why did you choose to be an English major?**

A: "I chose to be an English major because I thought it would make me better at communicating with people, as well as a more critical and creative thinker and writer." - John McDermott



**Q: Why did you choose to be an English Major?**

A: "I chose to be an English major because I truly believe in following your bliss. Engaging in, and writing about, literature is incredibly rewarding, and I feel like I'm not only learning how to critically think and write--I'm also learning how to be the best person I can be." - Lauren Craig

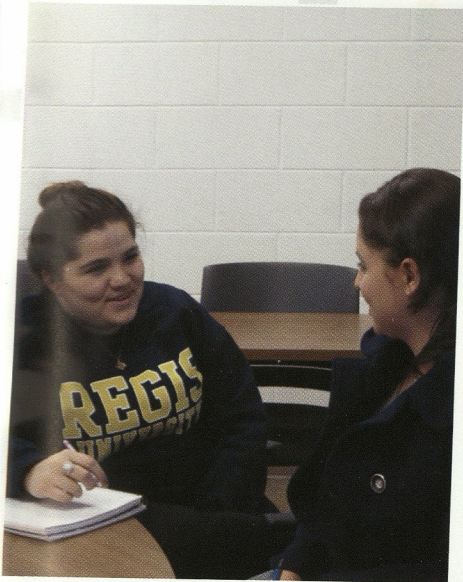


## THE STORY

### Making the Major Decision: Andrea Fedorowsky's Major Choice

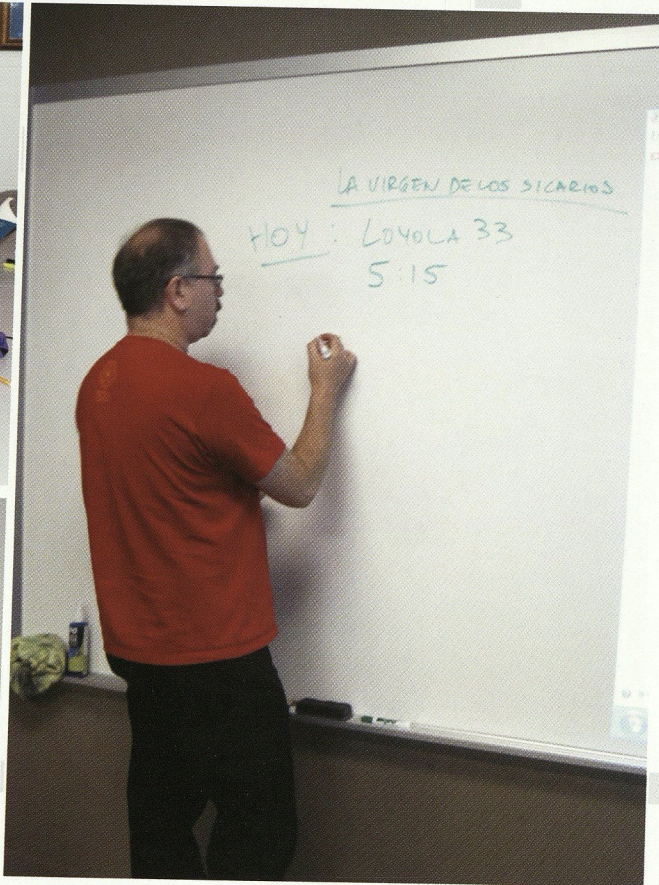
The choice to major in English often comes down to one thing: passion. Double major in English and History Andrea Fedorowsky eventually chose her major path because of her passions. Although it took her a while to decide what she wanted to do, Fedorowsky explains, "In the end, I chose what I love, and I've never regretted [it]." This love—a passion for books—guided her to her major and through it. It also guided her to a decision on how to use her major in the future. After graduation, Fedorowsky plans to attend graduate school for either American history or journalism, with the ultimate goal, she says, "Of working for a newspaper or news radio station." There is no knowing where the road is heading for Fedorowsky, but wherever that may be, she is headed for great things.





Q: Why did you decide to major in a modern language?

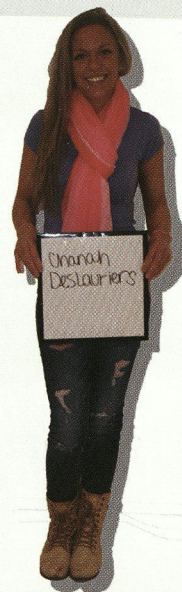
A: "I decided to major in French because the language is absolutely beautiful and I wanted to be a fluent speaker" -Laura Eldridge



## THE STORY

### Chanah DesLauries's Modern Language Path

A major benefit of majoring in a modern language major is that this choice broadens available career opportunities. Chanah DesLauries, an impressive triple major in Peace and Justice, Sociology, and Spanish, took on this triple-major quest because she knew it would challenge her to think deeply and help others. Currently, DesLauries is working with Spanish-speaking custodians at Regis speaking women and children. Building on this work in the future, DesLauries explains, "Ultimately, I'm looking into advocacy with Spanish-speaking women and children who have escaped family violence, or with Spanish-speaking women in prison. About this second career aspiration, DesLauries explains, "As a sociologist, I can see the importance of education to the decrease in recidivism rates in the US prisons. For this reason, I would really love to help Spanish-speaking women in prison to increase their opportunities once released." By combining all three of her majors, DesLauries will definitely better the lives of those in need, putting her Jesuit education into practice. A major benefit of majoring in a modern language major is that this choice broadens available career opportunities. Chanah DesLauries, an impressive triple major in Peace and Justice, Sociology, and Spanish, took on this triple-major quest because she knew it would challenge her to think deeply and help others. Currently, DesLauries is working with Spanish-speaking custodians at Regis to help them learn English. Building on this work in the future, DesLauries explains, "Ultimately, I'm looking into advocacy with Spanish-speaking women and children. I'm not sure if this will be in the context of the United States or abroad." DesLauries is most interested in working with Spanish-speaking women and children who have escaped family violence, or with Spanish-speaking women in prison. About this second career aspiration, DesLauries explains, "As a sociologist, I can see the importance of education to the decrease in recidivism rates in the US prisons. For this reason, I would really love to help Spanish-speaking women in prison to increase their opportunities once released." By combining all three of her majors, DesLauries will definitely better the lives of those in need, putting her Jesuit education into practice.





## Q & A (Spotlight)



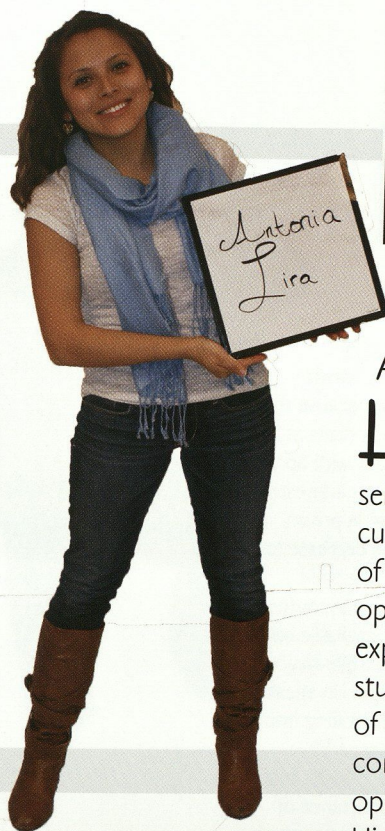
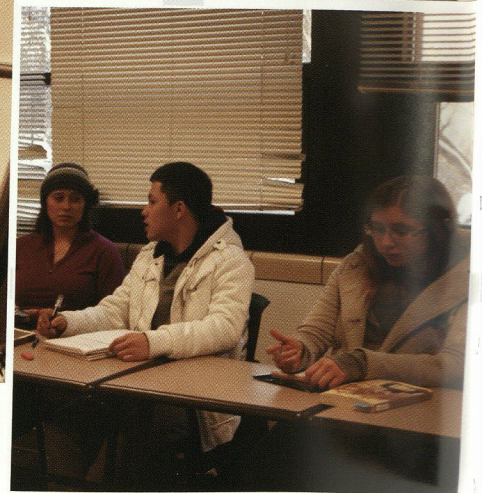
**What is your favorite thing about your major?**

"I enjoy that no matter which country's history I look at it is not just a series of events, but rather their culture, religion, politics, geography that lead up to these events that I learn about." Hanna Amme



**What do you like most about your major?**

"I'm paraphrasing Dr. Dan Clayton here, but I believe that history provides us with a moral compass in which we can address and predict the future. It is the cause of the present and through understanding we can apply the lessons it teaches us to any scenario. What I like most about history is that no matter how ancient a subject may be, it is always somehow relevant to the present." -Andrew Fowler



## THE STORY

Antonia Lira: Merging History and Community

History majors are constantly faced with facts and information that help them make sense of the world. A major in History "offers the opportunity to understand multiple cultures," says Antonia Lira of her major, which then helps History majors to make sense of their worlds by expanding their ways of thinking and allowing themselves to remain open to new ideas and beliefs. Through this expansion of understanding, Antonia explains that her major opens opportunities to interact with the Regis community—both student and staff components. "One of the key values in Jesuit Higher Education is unity of mind and heart. It means that our hearts and minds are not divided; they are congruent when the whole person is educated and engaged. Majoring in History is an opportunity to be educated and understand the members in my community." As a History Major, Antonia continually learns how to consciously remove all previous biases to become a well-rounded part of her community.



## Q & A (Spotlight)

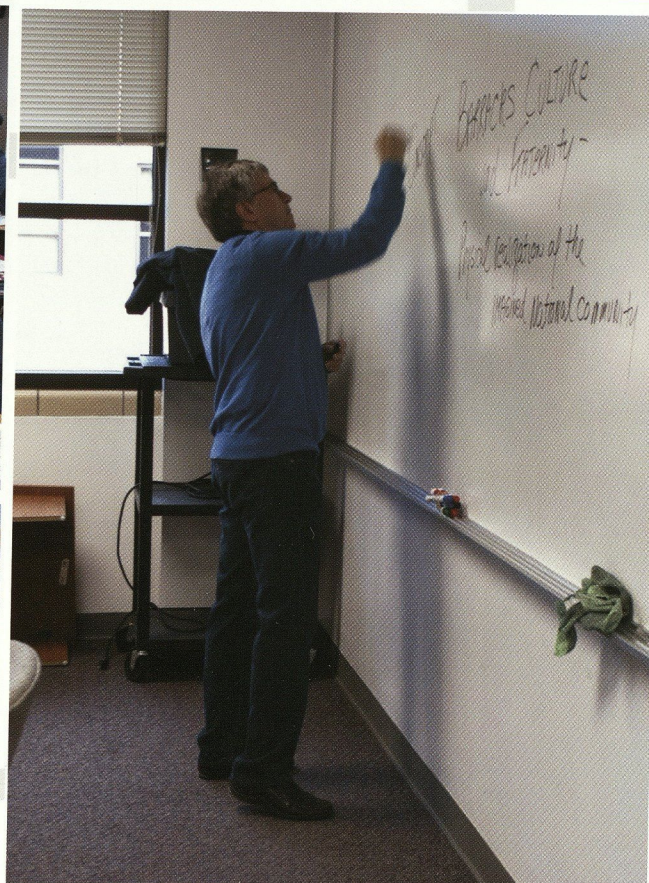
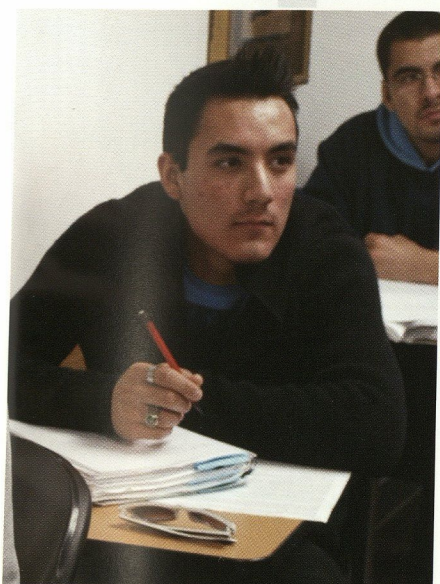
**What do you like most about your major?**

"I like that my Major helps me to understand the processes that shape the world we live in, as many things from the classroom can be used to explain in great detail the context that underlies and shapes contemporary issues." William Bliss



**How does your major help you fit into the Regis Community?**

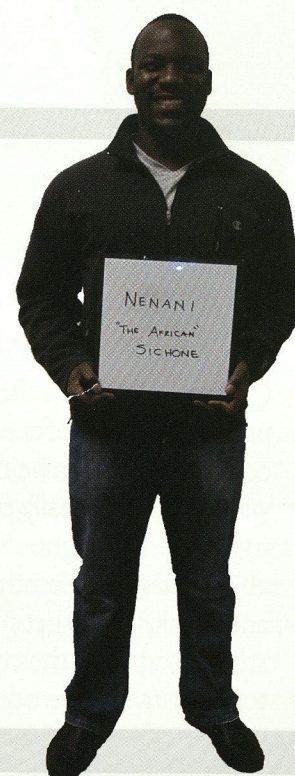
"Regis has many students who really do care about what's going on in their community and in the world. Studying politics helps me to think and communicate more effectively about relevant issues with my peers." Daniel Lund



## THE STORY

### Nenani Sichone's Jesuit Politics Experience

We are all familiar with at least some of the problems of our political system. Political Science majors study these problems, amongst other things, to learn how to make an impact in the world through government. "Politics is the very definition of 'men and women in the service of others,'" explains Nenani Sichone. Thereby, politics is the pinnacle of a Jesuit education. The beauty of this major, as Nenani explains, is that it gives people: "The opportunity to choose what type of world you want to see and what role you are likely to play." In addition to allowing him to choose both the world he wants to see and what role he wants to play in it, Nenani was drawn to a Political Science major because: "I needed a major that allowed me to understand the world from my perspective through experience and the works of other politicians and historians." Overall, a Political Science major has allowed Nenani and his peers to create and express ideas, experience the world, and decide how they will change it.





## Q & A (Spotlight)



**Q: What do you plan to do with your degree?**

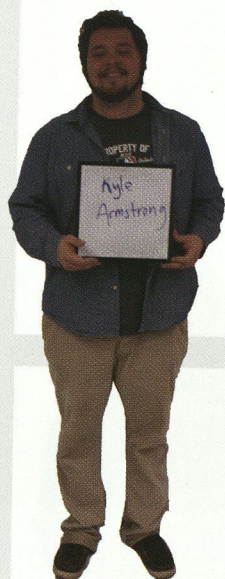
A: "I plan on working in Human Resources at a non-profit, or in the health care/social services fields. I am interested in continuing my education to get my master in Social work and work within the Child Welfare system." -Molly Freeman



**Q: How has Regis impacted your choice to pick a career in this major?**

A: "I've wanted to be a police officer since I was ten, so, although Regis did not impact my career choice, my Communication classes certainly have equipped me with skills and knowledge that I believe will make me a more successful cop."

-Catherine Herbert



## THE STORY

**Communicating with Kyle Armstrong:** Kyle Armstrong's Communications Major

Communication is truly central to almost every aspect of our society; therefore, learning the art of communication truly prepares students for life after Regis. Communications Major and Music Minor Kyle Armstrong explains the art of communication as he talks about his favorite class, Dr. Janna Goodwin's Performance of Self. Armstrong reminisces, "This was a class that really pushed students out of their comfort zones, and by the end of the semester [it] brought us all closer together. Throughout the semester, we laughed, cried, or did both at the same time. Since I finished the class, I have been able to think differently about my everyday interactions with others, feel more compassion for others, laugh more easily, and I really try to get to know people." Through his words, Kyle explains how the Communications department challenges students as it teaches them about themselves and about each other. Armstrong hopes to use his Communications degree to work in audio production—and possibly even to work his way into the entertainment industry. And his Communications degree influenced his ability to meet his goals. Armstrong explains that he was pushed to "work hard in every aspect of [his] life." By pushing students, offering them a variety of courses, and teaching them about themselves, the Communications department helps students like Kyle to achieve their goals and to make new goals for the future.



## Q & A (Spotlight)

**Q: What interests you about philosophy?**

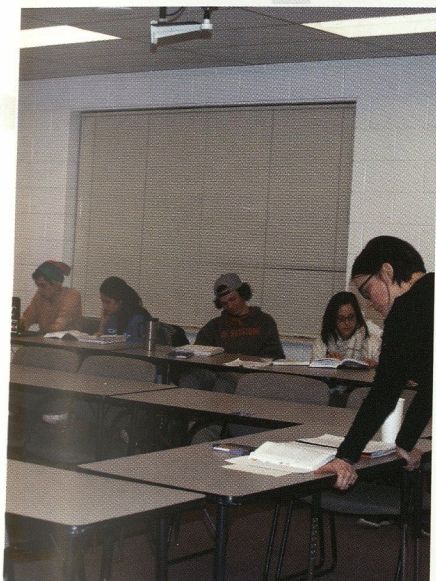
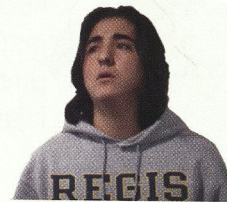
A: "The fact that everyone's view is different, and in philosophy there is not one right way to view things. It's the ability to truly be the free thinker that I try to be."

-Mackenzie McPhee

**Q: What interests you about philosophy?**

A: "The ability to understand something one minute and then [have] it be wrong the next. is exciting because views are constantly changing."

- Andrew Kelleher



## THE STORY

### The Future Philosopher King: Claire Felletter's Philosophy Major

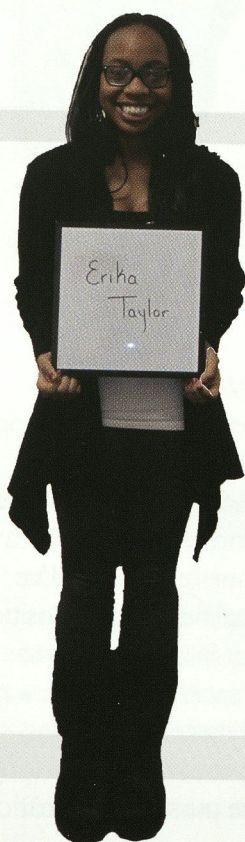
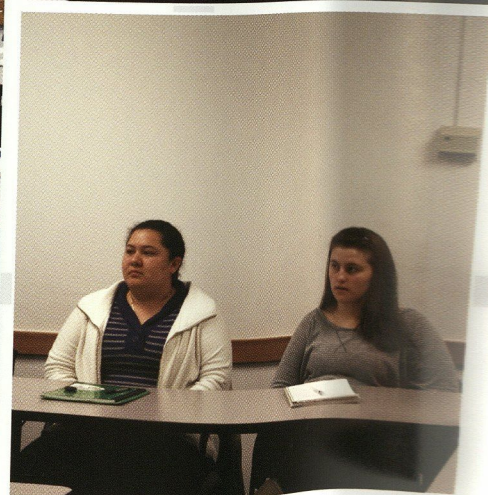
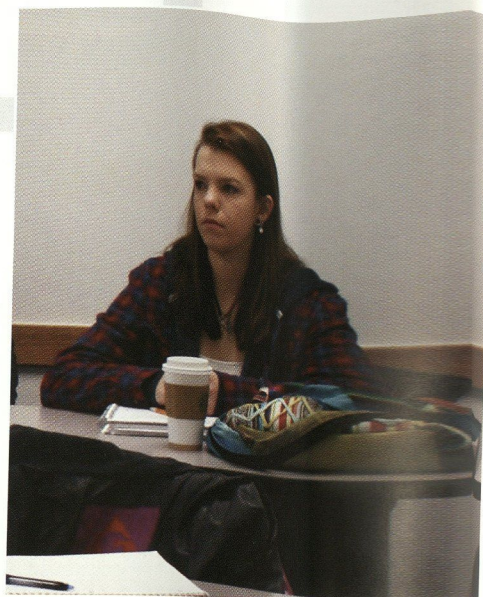
Being a philosophy major means constantly developing one's thoughts and ideas—in essence, constantly developing one's self. Philosophy and Peace and Justice double-major Claire Felletter is one person who has developed her thoughts and ideas as a Regis philosophy major—not only with the help of her teachers and the Regis University staff, but also with help from her peers. Possibly the only problem with developing these thoughts and ideas is that it leaves too many doors open. When asked what she was planning to do with her philosophy degree, she replied, "All I've really gathered from being a philosophy major is that I know nothing—so, I figure I'm fairly qualified for the position as 'Philosopher King' as soon as Plato gives it a rest." Claire also shared that she plans to go out into the world to share her opinions with and to learn from others as she goes—and maybe influence a couple people along the way. Her major in philosophy has helped her meet her career goals because this major has equipped her with the questioning skills she needs and constantly develops. And, above all, her time at Regis has prepared her for life-long learning, leading her to believe in the philosophy that so many philosophy majors live: that "the pursuit of education is an end in itself."





How does your major help you fit into the Regis Community?

"Helping others is one of my passions because I have been helped with many things from learning to speak english to getting into Regis. My Manjor helkps me with giving back to othrrs whioo are less fortunate by opening my eyes to the injustices that are happening around me." Afeyok Fien



## THE STORY

Ericka Taylor: Seeking Equality for All through Sociology

The Sociology Department focuses on issues of racial, gender, and all other kinds of diversity. From this major, students can branch out to follow their particular passions, whatever they may be. Ericka Taylor is a double major in Sociology and Psychology, and she hopes to use her Sociology major to further her career. She explains, "I am very interested in non-profit organizations that are beneficial to youth involved in gang violence. This major has challenged me to expand my knowledge on activists that focus on equality for all." In addition to expanding her knowledge through classes, Taylor works for the Sociology department to help host many events for the community. One such event was the Cointelpro presentation. Taylor explains, "Through our event Cointelpro, we were able to give students a chance to understand the social corruption of the system and how we need to have a plan for social movement that's beneficial to everyone, not just those in power." Overall, Taylor encompasses the fundamentals of a socially-aware students—fundamentals that are only possible because of her Sociology major and her involvement in the Sociology Department.



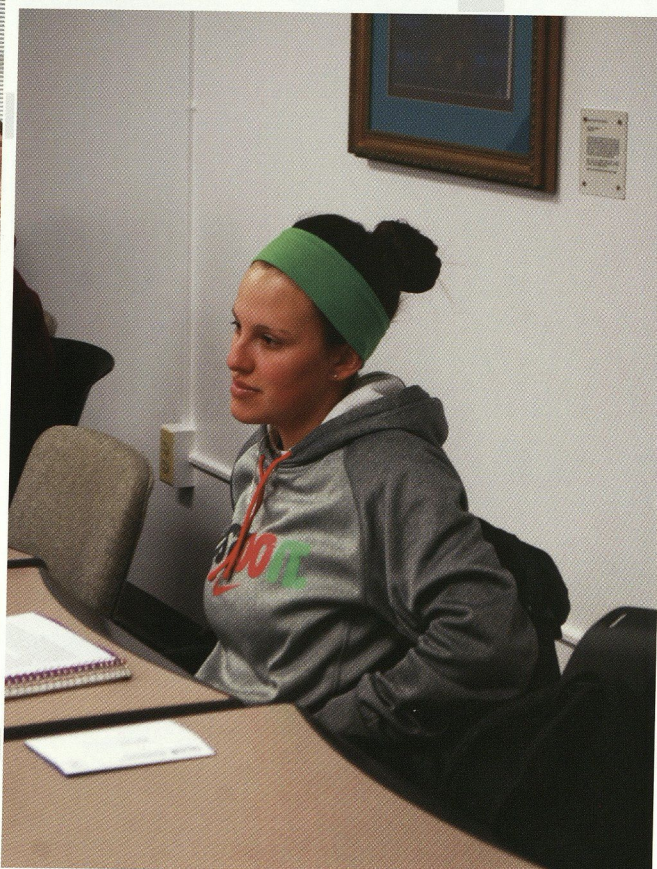
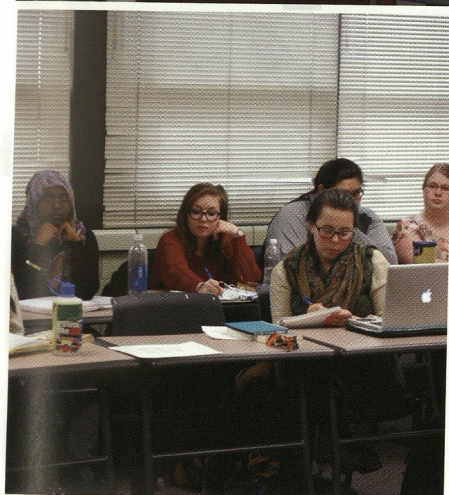
How does your major help you fit into the Regis Community?

"Women's and Gender studies is an interdisciplinary area so I can always look at how gender is examined/ treated in the varying lenses of different courses I take." Kristen Phelan



What do you like most about your major?

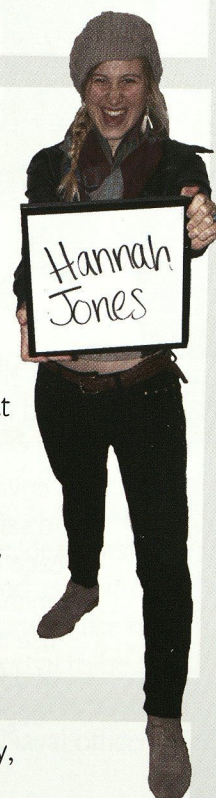
"I love that Women and Gender Studies challenges me to look in depth at gender in our culture and across cultures." Bekkah Abeyta



## THE STORY

### Hannah Jones's Passion for Women's Studies

Women's Studies offers students a new perspective of the world. Hannah Jones, Peace and Justice Major with a minor in Women's Studies, is no stranger to the abstract questions that lie at the heart of Women's Studies. Hannah Jones explains that she first fell in love with the concepts suggested by her parents: "social justice, activism, and nonviolence." Hannah says that these three ideas, "Shape how I feel about the world and my responsibility to change it." Through the combination of her major and minor, Hannah's time at Regis has taught her not just some new subjects, but also a whole new way of life. She explains, "It has opened my eyes to a plethora of ideas: ethics, institutional injustices, community organizing, nonviolent movements, self-love, and compassion for the stranger." At the same time, Hannah says that her studies have forced her, throughout her education, to "question systems, inequalities, and opportunities for change." Through her constant questioning, she has been challenged and transformed spiritually and socially, constantly inspiring her to see herself as a powerful catalyst for change.





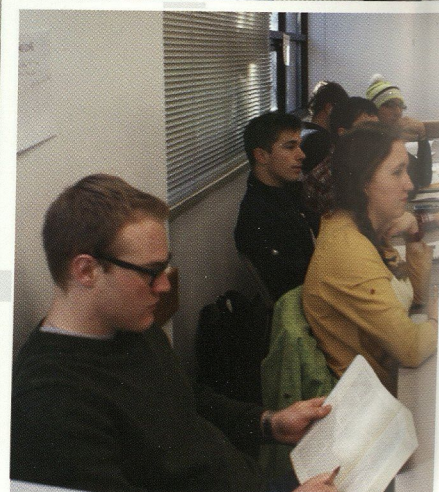
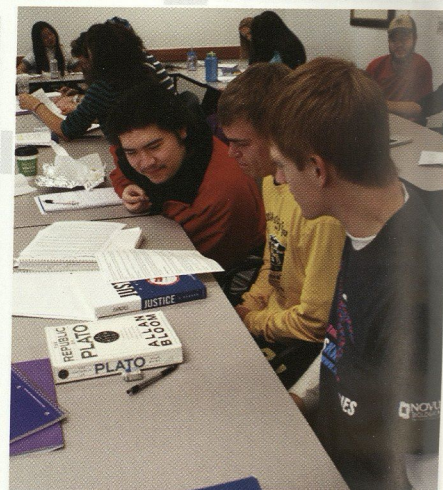
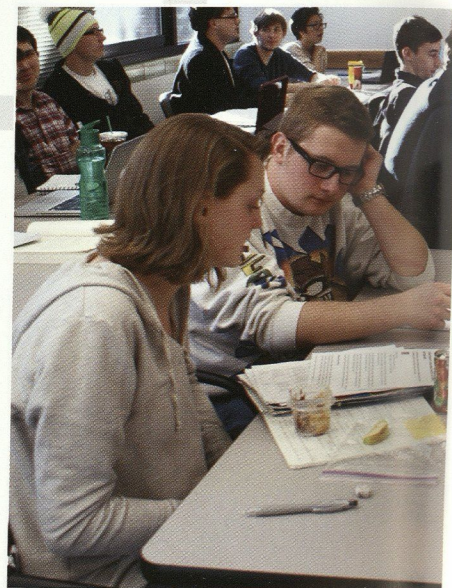
## Q & A (Spotlight)



**Q: over all what does peace and justice mean to you?**  
**A:** Overall peace and justice to me means, ensuring that all living beings are treated with dignity.  
 -Bekkah Abeyta



**Q: what is your favorite part about studying Peace and Justice?**  
**A:** it gives me the ability to be who i am free of restraint  
 - Meagan Wynn



## THE STORY

### Cleaner and Safer for All

Of all the majors offered at Regis, a Peace and Justice Major particularly prepares students to go out into the world and make a difference using their own skills and passions. As a Peace and Justice and Environmental Science double major, John Knudsen has used his time at Regis to figure out how exactly he wants to use his passion for environmental science to make the world a better place: he plans to use his degree to help make the world cleaner and safer for all. When asked how he was going to accomplish this feat, Knudson said, "I plan to roll up my degree in Peace & Justice & Environmental Science and use it as a baton for my secret animal rights activism missions rescuing animals. At times I may unroll it and find myself teaching some downward facing dog and dancer yoga poses. I may use it as a spade for dirt in a greenhouse as a horticulturalist. Or I may just use it as a telescope to search cities near and far for opportunities to make meaningful changes with NGO's." But, no matter what he ends up doing with his degree, Knudson plans to put it to good use. John expresses how Peace and Justice—for him, and for many other majors—is not just a major, not just about getting a degree; instead, it is a whole way of life.



## Q & A (Spotlight)

**Q: Why does religion interest you?**

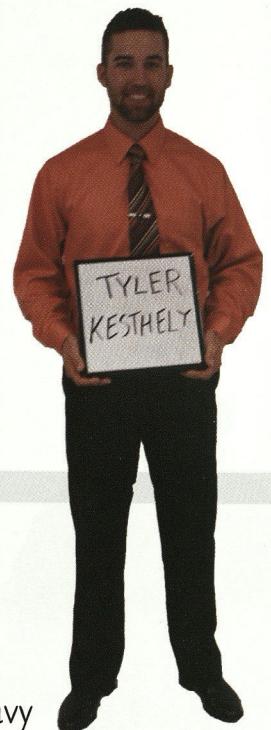
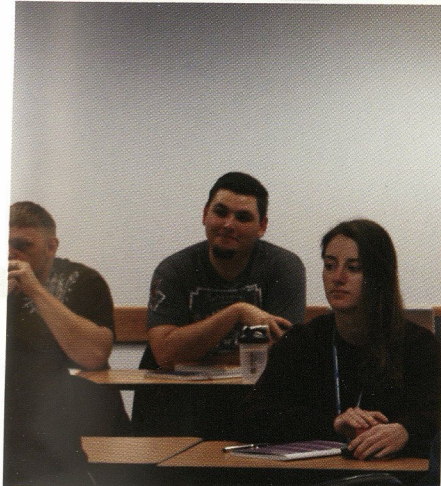
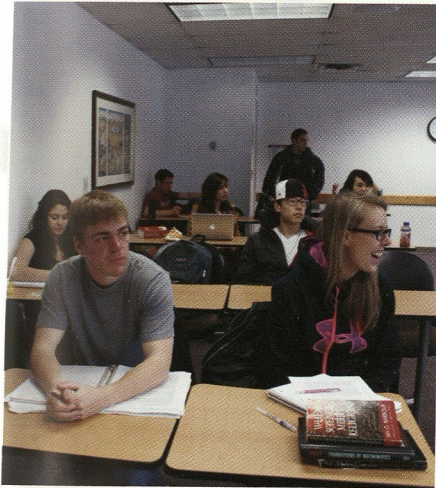
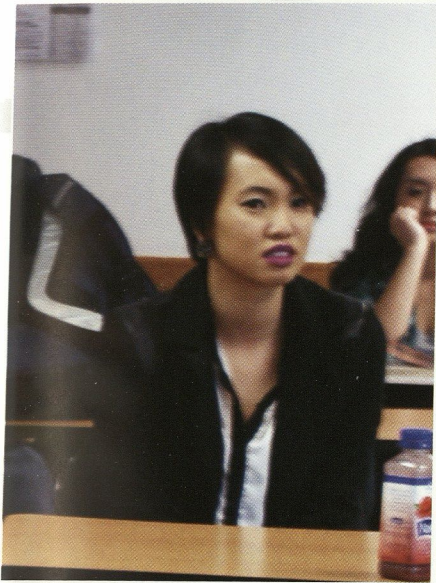
A: Religion interests me because it is a universal paradigm that almost everyone in the world lives by. It gives meaning and explanation to our everyday lives.

- Evan Niebur



**Q: What interests you about religion?**

A: I am interested in religion because helps me to know the purpose of my life and to give meaning to my endeavors. -Sean Daru



## THE STORY

### Match Made in Heaven: Tyler Kesthely, the Divine, and the Navy

“ Religion is a common thread throughout culture. All cultures seek to find strength and guidance from the Divine. Ergo, religion is part of the Human Experience. I am infatuated with this connection humans share.” This is how Religious Studies major Tyler Kesthely explains his love for his major. He goes on to quote the Dalai Lama, saying, “It is important to remember that, wherever they came from, all the world's major religious traditions are similar in having the potential to help human beings live at peace with themselves, with each other.” This quote from the Dalai Lama further elucidates the importance of religion in Tyler's life—how he lets religion and the divine ideals that it carries guide him through his everyday life as a student, as a member of the Ranger Baseball team, and as a future member of the United States Navy. As a passionate Religious Studies student, Tyler undoubtedly plans to use his major—and the divine ideals it has taught him—to guide him in his future and to fulfill that human potential to be at peace with himself. Overall, the Religious Studies program has giving Tyler the tools he needs to find success and peace in the future as both a civilian and as a United State Naval officer.





### Why are you an Art Major?

Art allows me to communicate complicated and abstract ideas and emotions that words sometimes cannot. Studying art has led me to be a more creative individual, and which also helps me with my other major Business Marketing.

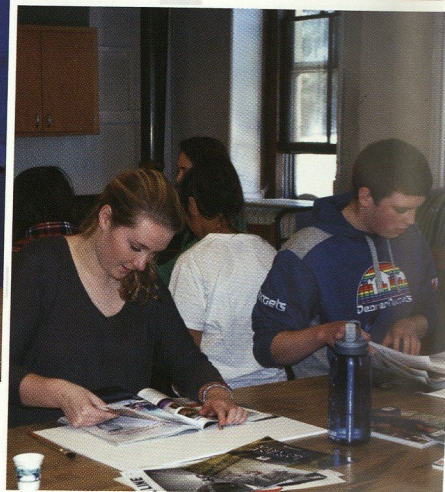
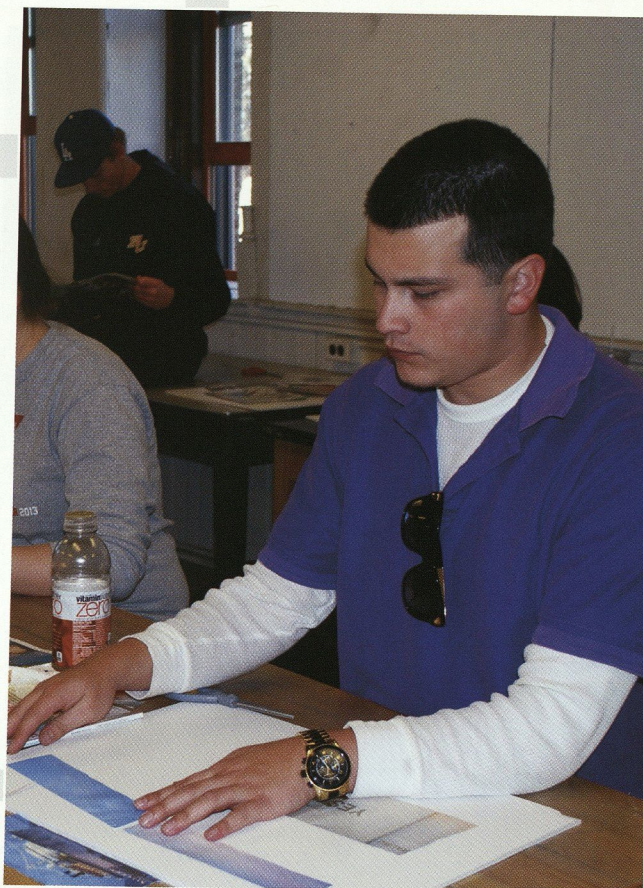
-Cassie Vagher



### Why are you an Art Major?

Art to me is a philosophy; a way of living. It relaxes the mind and allows for expression. I want to carry this with me for the rest of my life.

-Carmel Russo



## THE STORY

### Fineness of Art: Angel Estrada's Visual Arts Major

Art "is a way of communication between many people that may times may not the same voice or language" says Angel Estrada a Visual Arts and Education major. Estrada was influenced to pursuit these majors after his senior year of high school when he decided that he wanted to continue in art while still interacting with people and so he combined his two loves. "All of this makes what I do and how I interact with youth and people a possible and enjoyable future." Throughout his journey he has had to overcome many challenges, both internal and external. He states, "Sometimes as an artist you become your biggest critic and that stops you from ever getting anywhere with it" but he has learned that "once you allow yourself to create without thinking and push your abilities you truly create something that is amazing not only to others but yourself as well." And so, with his two majors, Estrada is able to learn about himself and about those around him.



**What challenges have you had to overcome with your major and career choice?**

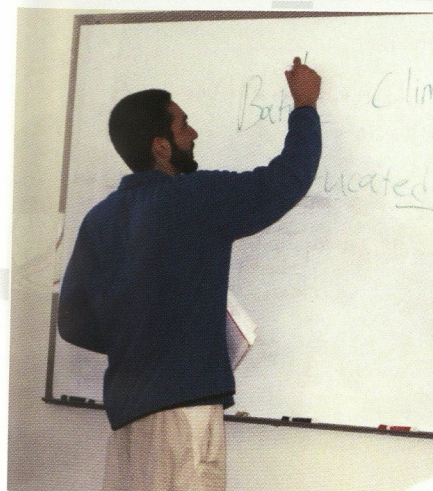
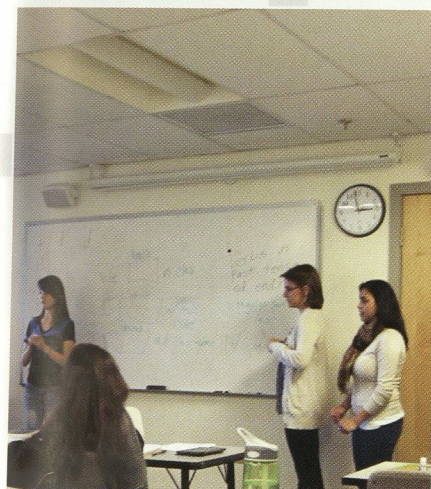
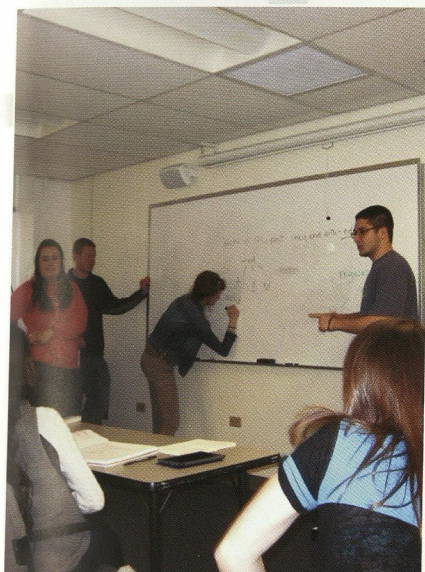
"I can never decide what grade I want to teach! There are so many great things about teaching any age, and I sometimes wish I could teach them all!!"

-Katie Cawley

**What do you like about the Education program?**

"One of the best things about the Education program here at Regis is the amount of time I, as a future teacher, get to spend working in real classrooms. This was a great opportunity to affirm my desire to be a teacher."

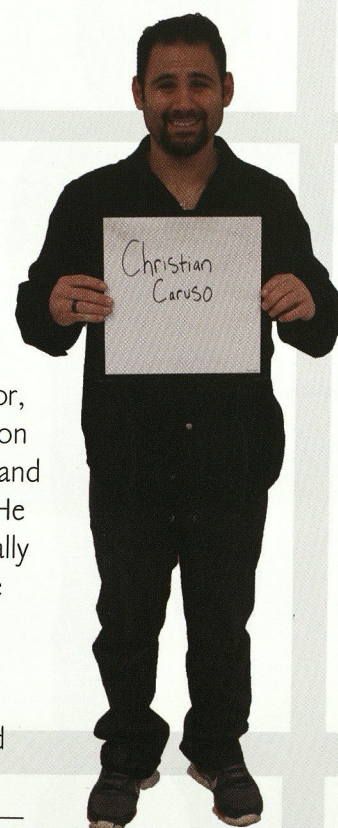
-Jessie Otero



## THE STORY

Learning to Teach: Christian Caruso's Educational Experience

Education is a process of both teaching and learning. As an Elementary Education Major, Christian Caruso has learned both time management and patience with frustrating tasks on his road to learning how to teach others. However, for Christian, passion for academics and athletics—coupled with a love for children—makes the long learning process worth it. He states, "I chose my major because of my passion to work with the youth, both academically and athletically. I like exposure to diversity—and I love the kids!" As a student himself, he understands that the Regis community has helped foster his skills—something that has impacted his teaching practices. Christian explains, "My major helps me fit into the community because it's all about learning and exposing myself to new thoughts and experiences. It has given me the opportunity to meet new people, build relationships, and help others." In meeting new people, building relationships, and helping others, Christian learns through both instruction in Elementary Education and from the Regis community—learning that will one day prepare him to teach.







Q: What is the hardest part of writing your senior thesis?

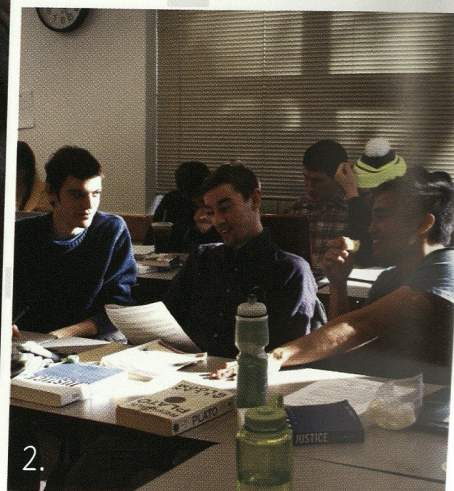
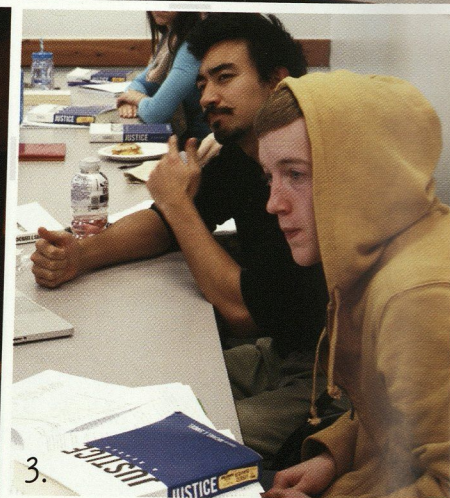
A: "The hardest part of writing my senior thesis is taking the time to work on it while completing assignments for other classes." - Stuart Jenkins



Q: What is the hardest part of writing your senior thesis?

A: "The hardest part of the thesis was picking a topic that would interest me for over a year. Once I had that after my second try, it was continuously motivating myself to work on a project that's deadline seems so far away!" - Maggie O'Connor

1. Andy Horner & Peyton Lunzer.
2. Stewart, Ian Drew, Kenji Tanaka
3. Ryan Reid & Sean Leffert
4. Gina Morgan & Katie Breaux



## THE STORY

Zach Lynch : The Honors Student

As an incoming freshman, Zach Lynch had the opportunity to apply for the Regis University Honors Program. As a sophomore, Zach has now had many opportunities offered and doors opened to him—all as a result of his participation in the Honors Program. When asked what Honors will do for him in the future, Zach replied, "I think it will allow me to be better versed and cultured, in whatever field I'm in. Honors makes you think about issues and problems that you wouldn't normally even consider." Zach is currently participating in the Honors Seminar "Chaos and Order," where Zach and his Honors peers discuss the dichotomy between chaos and order and, ultimately, humanity's place in the grand scheme of the cosmos. Overall, Zach's past two years in the Regis Honors Program have taught him not only how to be a well-rounded student, but also how to become a well-rounded individual within the Regis University community.





Q: How has being in the Commitment Program helped with your transition into college?

A: "The Commitment Program has helped me explore new opportunities. This program is something new that I have not been exposed to before and it is very helpful."

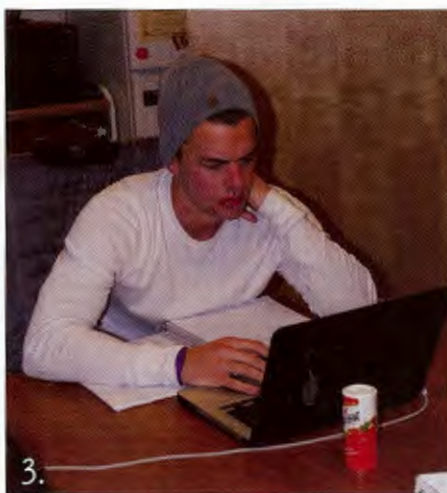
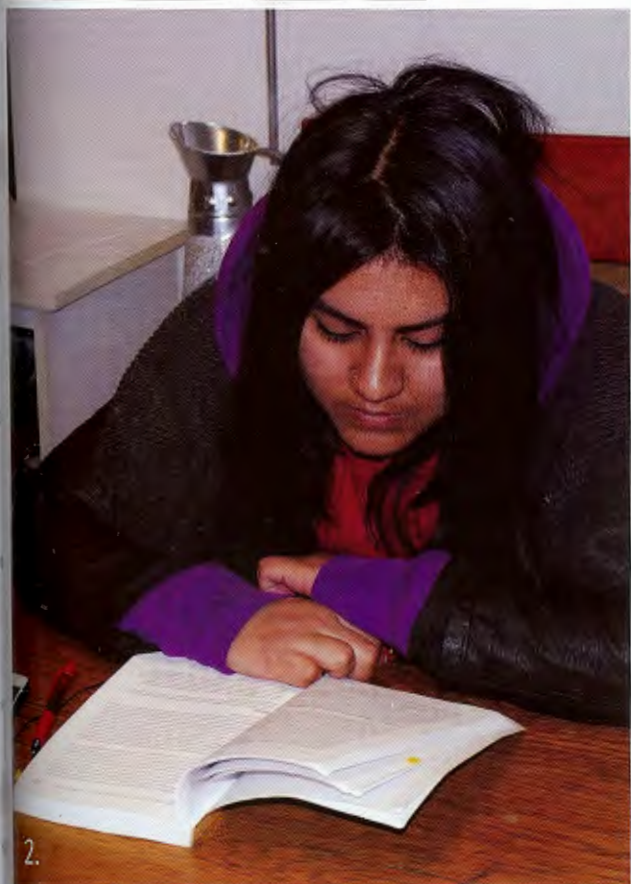
-Layola Chacon



Q: is the most important thing you have learned from being in the program?

A: "It has helped me realize how important service is in the world [it's something] one thing we'll never forget years from now. We humble ourselves to assist others every week and then reflect."

- Marlyn Granillo



1. Carolyn Dorricott, Bridget Barker, Sarah Coyne
2. Gabriela Gonzalez-Cortinas
3. Jason Underwood

## THE STORY

### Jorge Serna: The Commitment Student

The Commitment Program helps freshman students adjust to college life and supports them with the transitions every freshman must make when entering college. Through this program, students learn organization skills, study skills, and time management. Freshmen in the Commitment Program also participate in Service Learning projects that enhance the college experience. All of these techniques and experiences give the freshmen what they need to succeed. In fact, Jorge Serna credits his success to the help he received from the Commitment Program and those who run it. He explains, "I have always been serious about my academic work, and I think this program just gave me the extra boost [I needed by teaching me] how to better study better. And it has worked—[the success is] definitely reflected in my grades and assignments." Having gone through the Commitment Program, as a senior set to graduate in May, Jorge is earning a Bachelors of Science in Nursing. Because he is passionate about helping society, in the future Jorge plans on attending a Nurse Residency program in the field of Pediatric Critical Care. Being in the Commitment Program encouraged Jorge, and, at the same, time helped him make "Connections with people who warmed [his] heart." He found a passion, and, with support—including the offered through Commitment Program—Jorge, like other participants of the program, was able to transition through the college experience







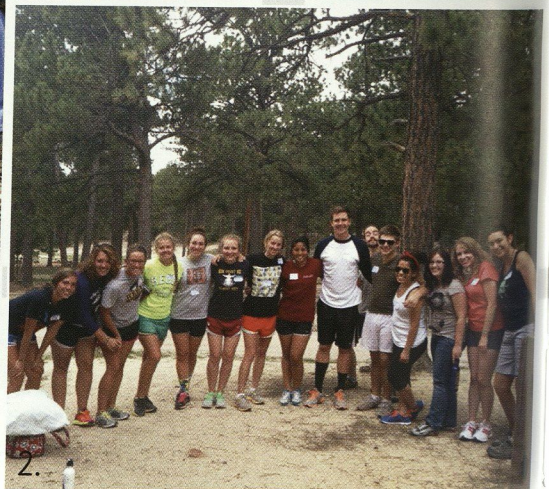
**Q:** Has the leadership course changed the way that you view leadership?

**A:** "What I got from the class is that people get many opportunities and it takes a matter of dedication and creativity to see those opportunities and go for them as you will."  
Conor Nistler

**Q:** Why did you join the Leadership class?

**A:** "My inspiration comes from Chris Lowney, the author of Heroic Leadership. Chris says, 'We're all leaders, and we're leading all the time.' Like Chris, I believe that leadership is not simply an act or a position of power. To be a leader is not a choice, but to be a good leader is a decision any person can make. I hope to be a leader who inspires others through my daily actions and encounters and I chose to join the Heroic Leadership class because I believed it would help me make this goal a reality."  
Brayden Weninger

1. Students who have served this year.
2. Students who attended a leadership convention.
3. Students who attended a leadership retreat.

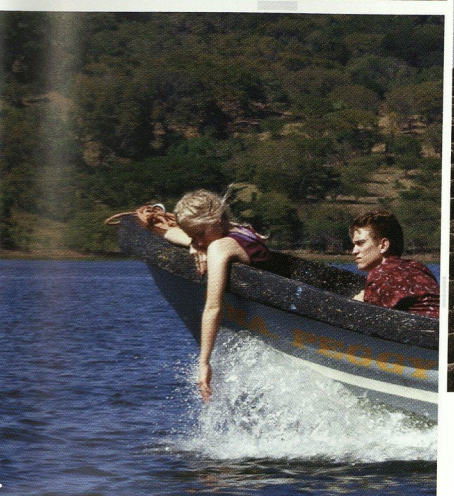


## THE STORY

Toria Vonpackedy and Maggie O'Connor:  
Leading Leaders.

**A**ssisting in a leadership course is a dream for people like Toria Vonpackedy and Maggie O'Connor. A prominent person in the leadership program, Toria likens her role as a leadership TA to serving as a catalyst for the Ghandi's, Nelson Mandela's, and Mother Teresa's of the world. Among their most important jobs in the leadership program, the leadership TA's get the chance to help students understand the legitimacy of living intentionally and of practicing leadership in their everyday lives. Toria says, "What I enjoy most about being a TA is the fact that leadership is defined in so many [ways]. And...diving into the fruitful practices from everyone's diverse backgrounds...only continues to shape the definition of leadership." Maggie O'Connor adds her perspective on what it means to help these leaders, with their diverse backgrounds, as she says, "Overall, it's really cool to see students working together on issues that they care about." In helping leaders nurture their skills, the leadership program—complete with TA's—teaches students how to use and combine their skills to make a difference for causes that they care about. Overall, Toria and Maggie serve many important roles as TA's, and they both love every minute of helping students grow into the leaders that they are meant to be.





**Q:** What draws you to Service Learning, what role does it play in your life?

**A:** "I'm drawn to service learning because as an ESA I am a part of a dedicated, passionate, and inspiring community that is committed to building strong relationships on campus and in the community and promoting service learning and social justice."

Nick Broncucia

**Q:** In what way does service lead your life?

**A:** "It leads every aspect of my life. God calls us to lead with love, and I am able to show my love through service."

Megan Winn



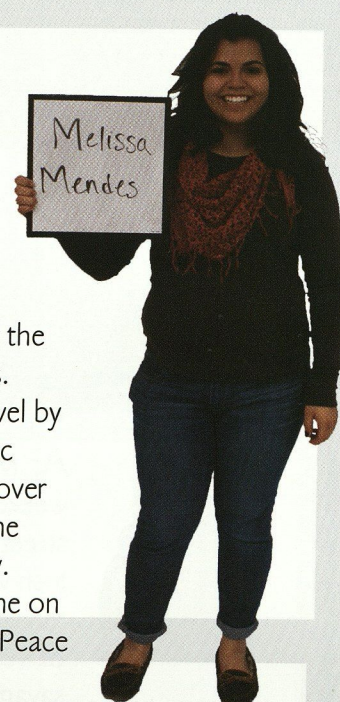
1. Students who have served this year
2. Hannah Jones and John Knudsen
3. Nick Broncucia and Gianna Carleo
4. Viviana Bracamontes



## THE STORY

Melissa Mendes: Service Learning

For her past two years at Regis, Melissa Mendes has participated in service learning in order to get the "raw experience" that Service Learning has to offer through its opportunities and life-changing events. When asked about Service Learning, Mendes explained, "It takes what you learn in class to another level by letting you see the reality. It also empowers students by giving them the ability to shape their academic experiences." This step in shaping academic experiences has, in turn, given Melissa the chance to discover what being a part of the Regis community truly means. One of her favorite Service Learning events, the Peace Market, involved this aspect of Service Learning, growing as a member of the Regis community. Mendes explained, "It is a great opportunity for all three schools to collaborate, and [it] gives everyone on campus a chance to buy gifts for the holidays that are fair-trade." Overall, through events such as the Peace Market, her involvement in Service Learning has given Melissa—like so many other Service Learning participants—the chance to find an answer to the Regis question: "How ought we to live?"



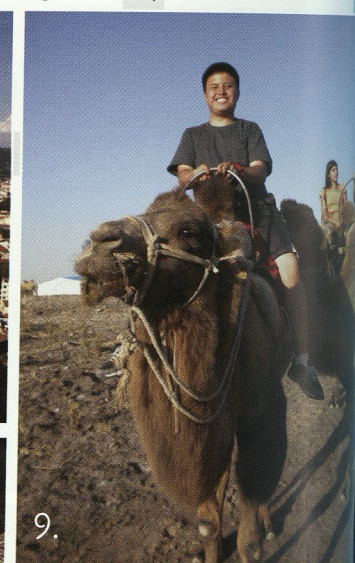
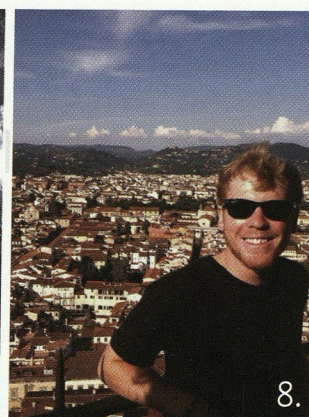
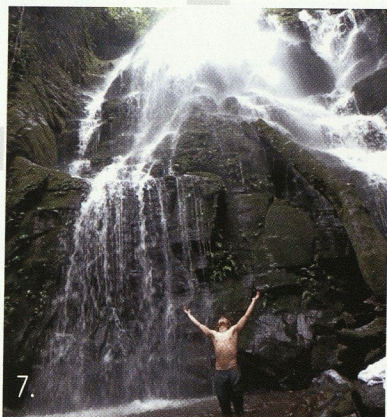


# THE STORY

## Sam Rueb: The Language of Lifelong Friendships



Coupled with his success as a Regis student, the Regis Study Abroad Program gave Samuel Rueb the life-altering opportunity to travel abroad. Rueb spent this past semester in St. Petersburg, Russia. In order to connect fully with his host culture, Rueb decided not just to learn, but also to fluently speak, Russian. Rueb explains, "Learning the language made it easier to meet new people and gain a better understanding of Russia's vast culture." In addition to fully immersing himself in the Russian culture through language, Rueb also used his Study Abroad opportunity to make life-long friendships. In fact, his most memorable experience involved taking advantage of this opportunity. He says, "Playing basketball with international students was, by far, one of my most memorable experiences" because it gave him a chance to get to know the other students and make lasting friendships outside of the Regis community. Overall, like many Study Abroad students, Rueb was changed by his Study Abroad opportunity—for the better—as he gained not only knowledge about another culture, but also lifelong friendships.



Q: In One Sentence How Would You Describe Your Experience?

A: My semester abroad was life-altering. It allowed me to: step outside of my comfort zone; explore the world of poverty in a deeper way than I ever could have imagined; pushed me to grow in my faith; and aided my exploration of the question, "How ought we to live?"

- Ellen Lundwall; Dar es Salaam, Tanzania

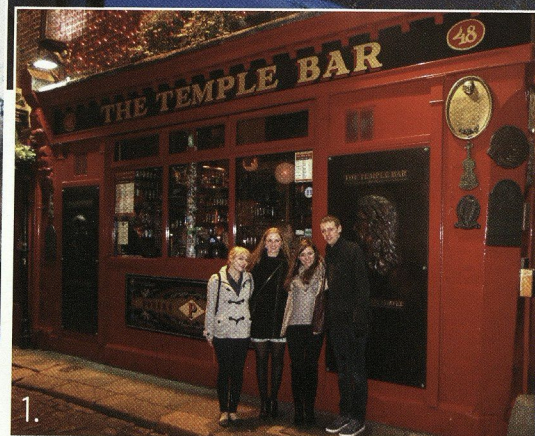
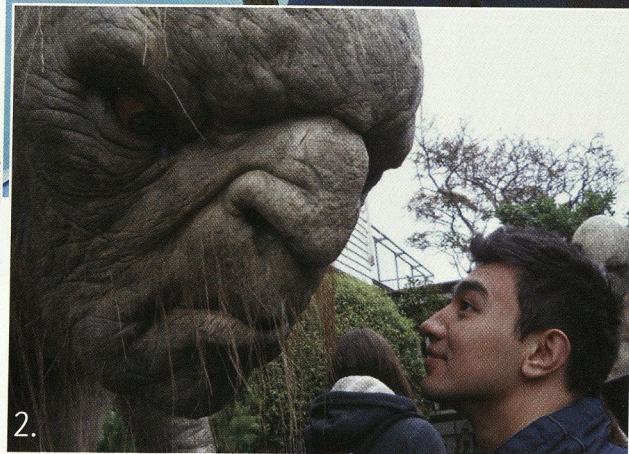
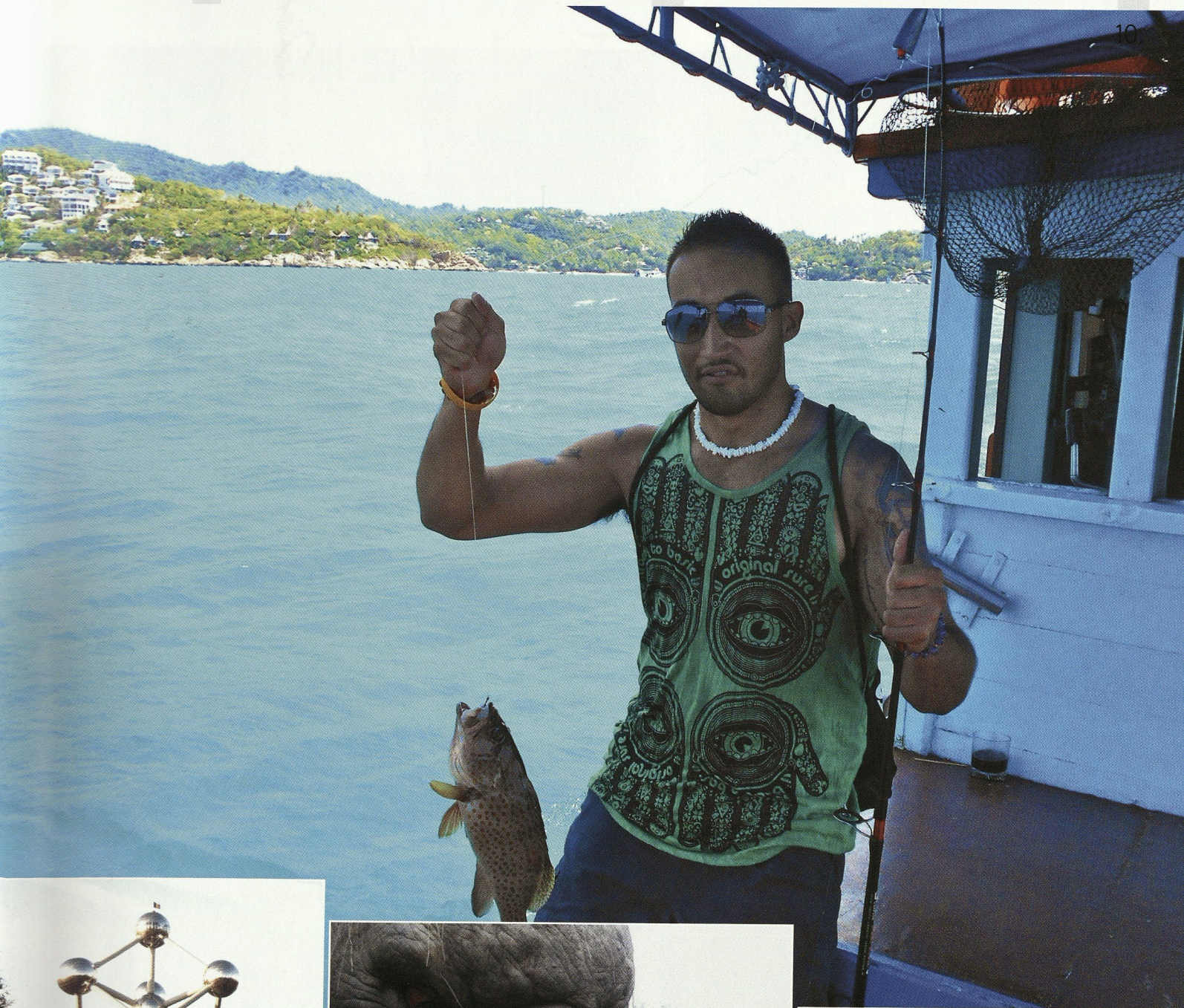
Q: What was one of your most memorable experiences?

A: My friend Kerry and I had the opportunity to spend an amazing weekend at our friend Eimear's home. Her town, Scariff, is all of one street long, and is absolutely beautiful and charming, the perfect little Irish village. The highlights: visiting the Bunratty Castle and spending quality time with the Bane Clan - by far the most wonderful family in all of Ireland! I could not have been more blessed to have had these two savage girls placed in my life.

- Pearl Lackner; Galway, Ireland







1. Erin McAleer; Dublin, Ireland
2. Ryan Reid; Wellington, New Zealand
3. Farnaz Alimehri; Brussels, Belgium
4. Mary Kidnay-Rouse; Prague, Czech Republic
5. Wolf Wanless; Wellington, New Zealand
6. Katie Scott; Wellington, New Zealand
7. Michael McMillan; Costa Rica
8. Evan Niebur; Florence, Italy
9. Benny Loung; Silk Road, China
10. Thomas Botello-Espinoza; Bangkok, Thailand

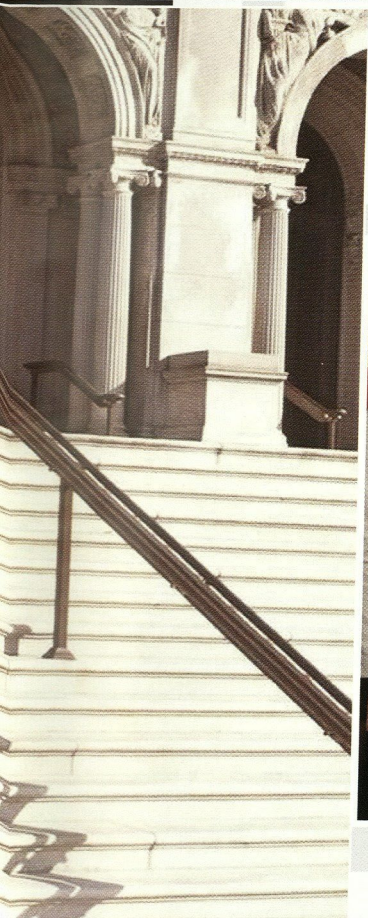
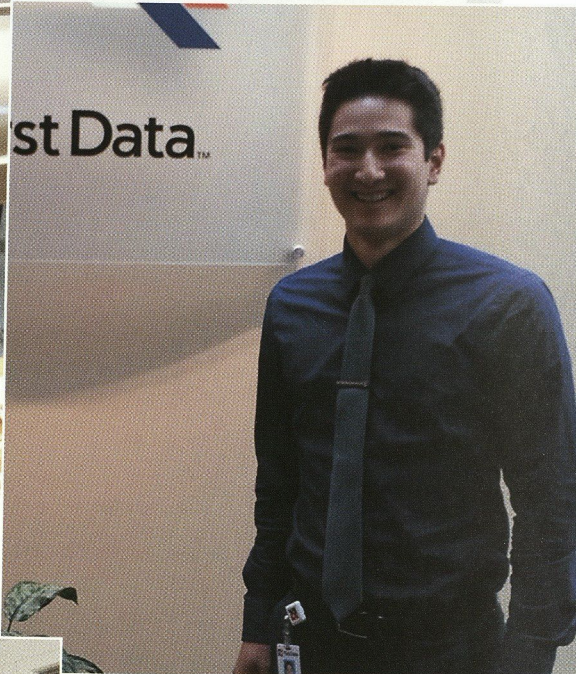




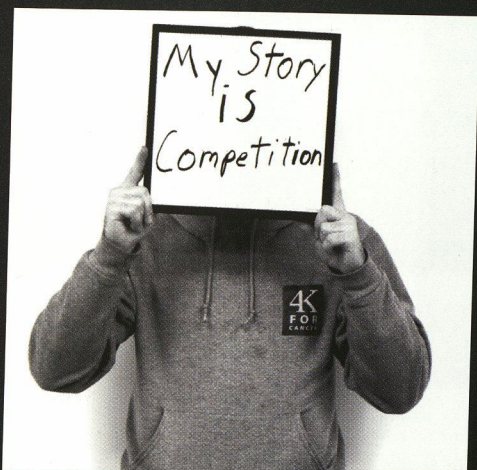
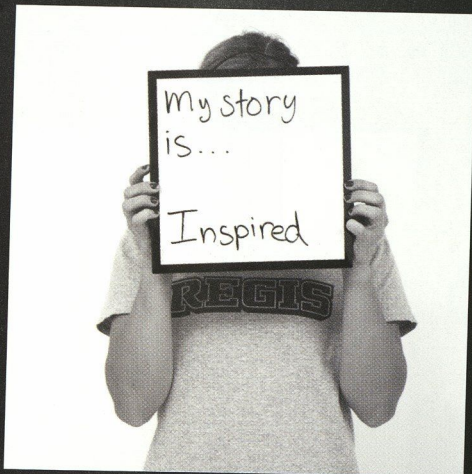
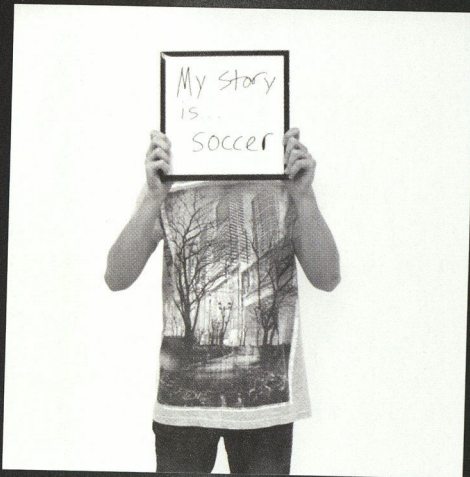
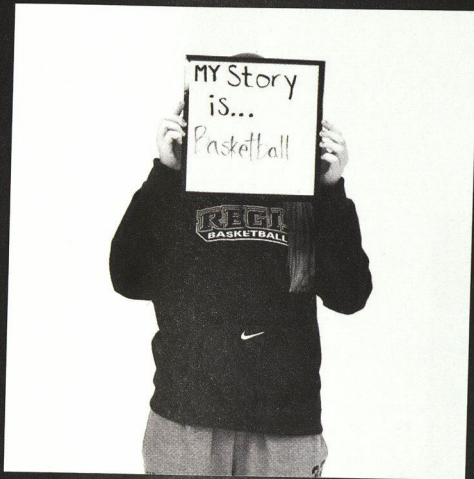


# ON THE JOB TRAINING

Academic Internships









# THE PRACTICED STORY





# FROM THE STARTING LINE

## The Run of Your Life

Being a part of cross-country brings many benefits—including the opportunity to travel, which allows members of both our Men's and Women's teams to bond as they share in some of the hardships that come with running and with adapting to new places. The opportunity to travel the country as a team brought our runners to places like Texas, New Mexico, and, marked as the favorite trip, San Diego, California. On each of these trips, every member of the team had the opportunity to compete with each other while having fun during their short vacation. Joe Oldendorf said that he enjoyed being able to "hang out in a hotel for three days with [his] teammates and...eat some great food every day." Not only did the team bond during these experiences, but they were also able to support each other by creating a cross-country family and easing the struggles of running. "Being in a team that works more as a family is awesome. We get through workouts together, and we spend a lot of time together—whether it be as friends or as competitors," Kelly Fleming said, adding, "the team [members help] each other out by encouraging one another and pushing each other to our fullest potential, because then we achieve more as a team and as individuals." Summing up the camaraderie that these trips can build, Oldendorf says, "We train hard, and we work hard together, but none of us is overly competitive. It's just a great atmosphere to come out and be on a college team like this one." These experiences have contributed to and encouraged the team's growth and unity as a family of runners.



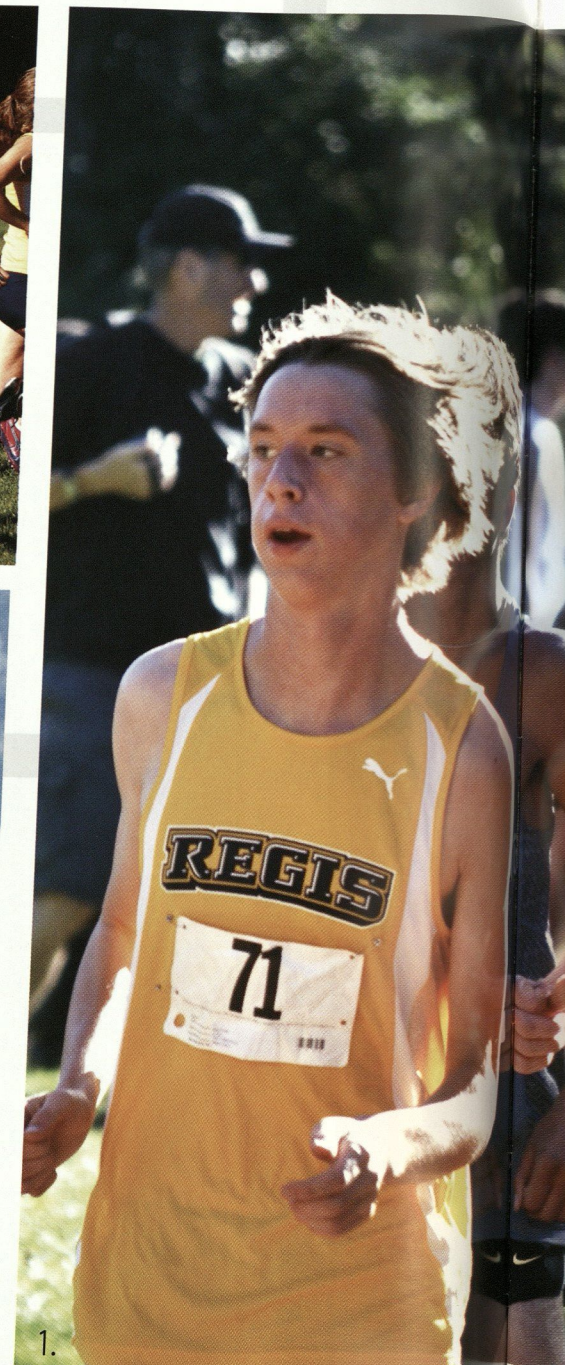
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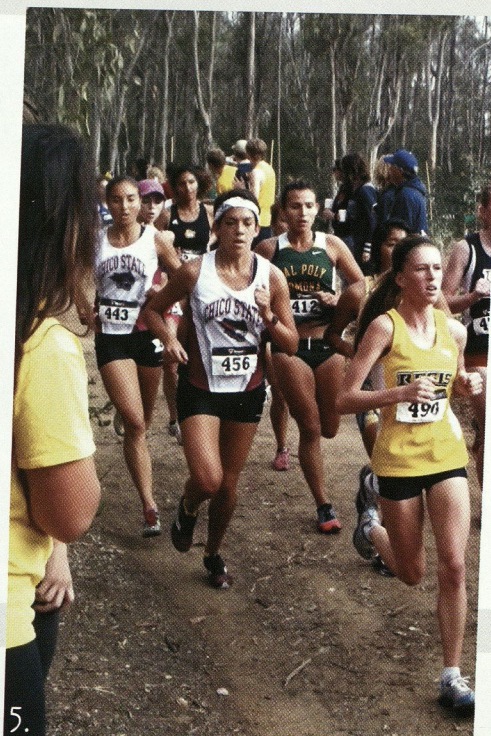
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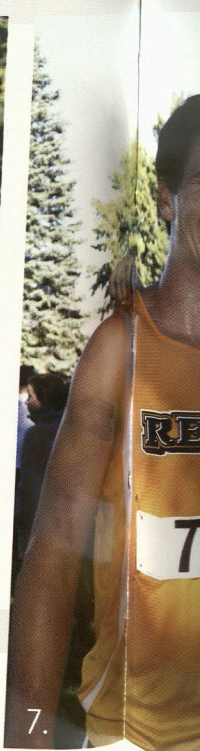
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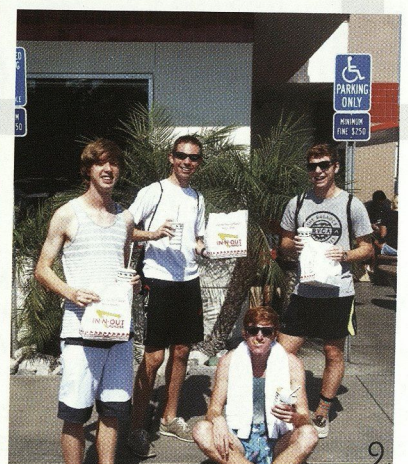
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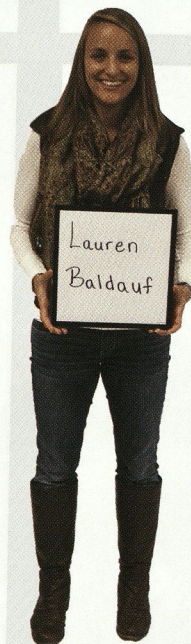
1. Ben Fuller and Liam Martin
2. Kela Vargas, Hannah Cheney
3. Men's Cross Country Team
4. The men's team at the beach in San Diego, CA
5. Kela Vargas
6. Kela Vargas
7. Will Sabin, Liam Martin and Paul Armstrong
8. The women's team
9. Kelly Fleming
10. Ben Fuller, Sean Ankario, Joe Oldendorf and Liam Martin





## THE STORY

Until You Run Again



Cross country has long been a part of Lauren Baldauf's life: she started running in middle school and began competing during her sophomore year of high school. The 2013-2014 school year marked her fourth year running for Regis. To commit to anything, let alone the difficult sport of cross-country, for so long requires some kind of encouragement, and for Lauren this encouragement came in form of the great sense of accomplishment she feels after finishing a race. Lauren explains, "You feel as if you can conquer the world, that you are in the best shape of your life, and that you have finally found the moment where you feel free from the burdens of the day or the stresses of life. Running, for me, is a stress reliever and can always brighten my mood." On top of the emotional benefits, cross-country has taught Lauren the importance of perseverance, dedication, and hard work. Most of all, Lauren enjoys the fact that running—through its physical, mental, and emotional attributes—has driven her to find "strength, motivation, and a drive to win and perform to the best of [her] abilities." Regis has not only let Lauren

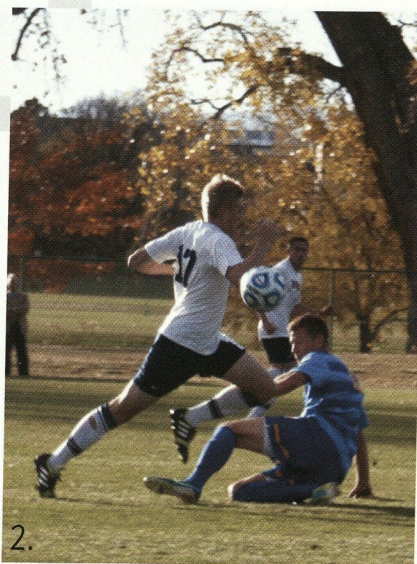
participate in the sport that She loves for the past four years, but, by being part of the cross country team, she has learned many lessons that will help her in the future.



# ONE TEAM, ONE FAMILY

## Men's Soccer

With the great success as our Men's soccer team had this year--taking our school all the way to victory and winning the RMAC--many people wonder the secret to their success. This secret includes the diversity and camaraderie that make our team unique. In terms of diversity, several of the men's soccer team athletes come from many other countries, giving the team a wide range of skills and experiences to draw on. Moreover, despite their diverse backgrounds, each member of the team comes together to form the soccer family. Recognizing the importance of family, Hamilton Pennywell explains, "The team is my family. On and off the field, they are my brothers." This family strength was evident when the boys came together to win the RMAC tournament--a point that becomes clear as Louis Barrow remembers, "It was such an amazing feeling to work together as a team and get the win." Senior Garrett Seitz further explains the importance of family to his experiences on the team as he said, "I couldn't have asked for a better group of guys." Overall, our men's soccer team brought their diverse backgrounds and skills together as they helped each other on and off the field, bonding as a family as they competed in an unforgettable season--a season marked by diversity, family, and victory.



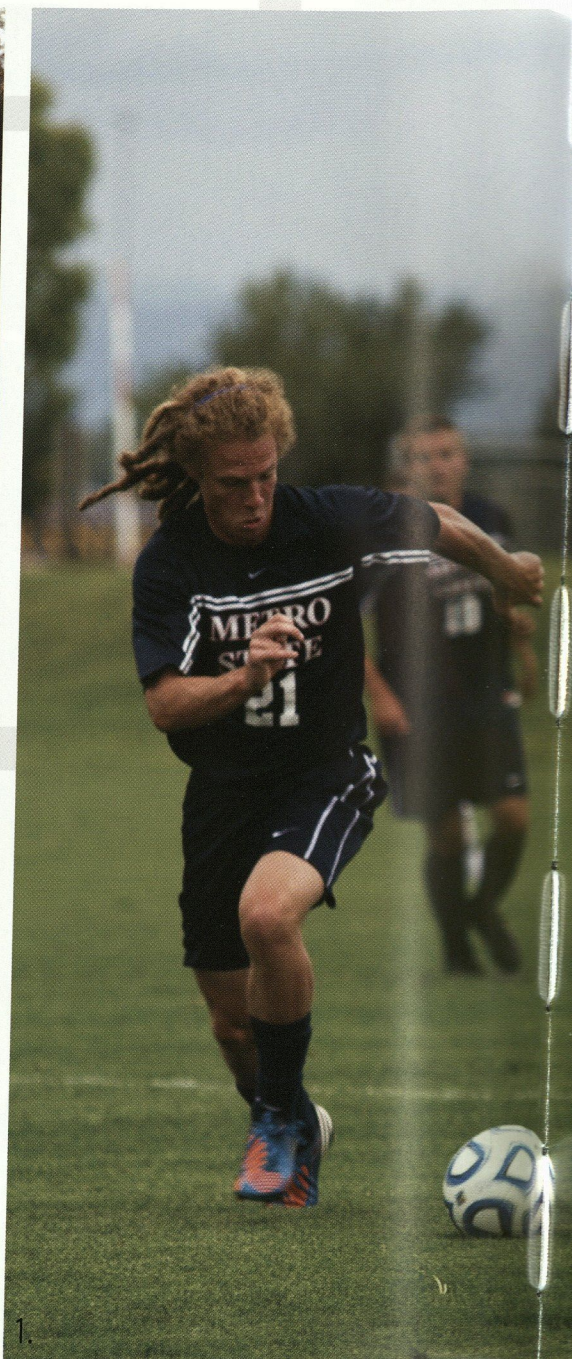
2.



3.



4.



1.

1. Savon Henderson
2. Connor Campbell
3. Joseph Terry
4. Mark Kelly
5. Martin Maybin
6. Luca Rigonati
7. Ranger Team Huddle
8. Jacob Martinez
9. Brian Strausbaugh
10. Mark Kelly & Nicolas Morabito



5.

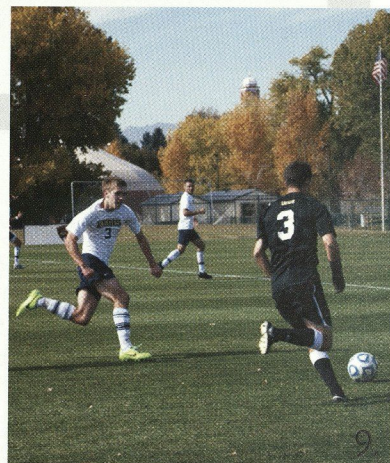
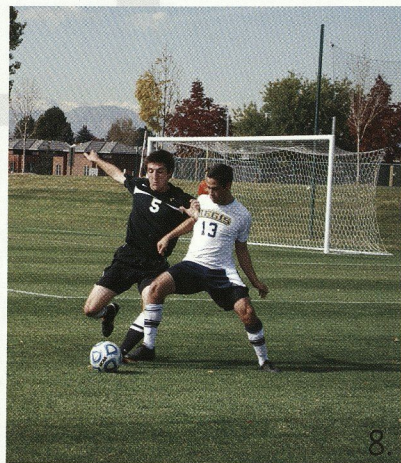


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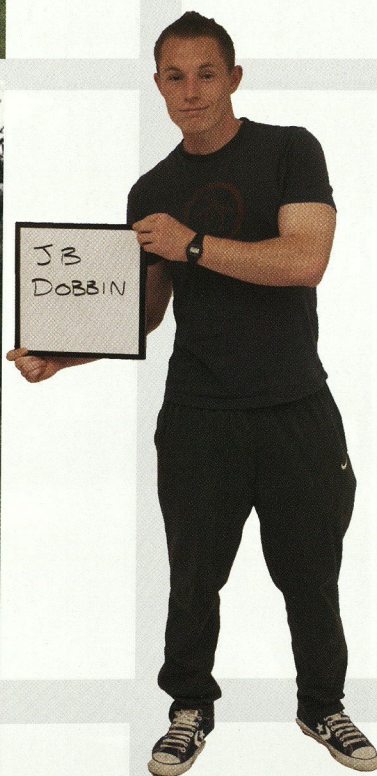
7.





## THE STORY

### One Last Shot



As a center mid for the 2013 Regis Rangers Men's Soccer team, JB learned a lot from his time on the team. JB's experiences at Regis gave him the opportunity to learn the values of the unique Jesuit culture--values that stress devotion to community service. Over the past season with the Rangers, JB especially enjoyed the Regis team's family mentality. He explains, "Overall, when it comes to my team, it is more than a game--it's a family. We win as a team and lose as a team." Just as this mentality went beyond "the game" to the strengthen the team as a whole, JB applies this team mentality to his everyday life, using it to help him overcome any difficulty he may face—such as difficulties with homework, and even adapting to the Denver culture. JB says, "Playing soccer has taught me a lot more than just winning-- [it has also taught me] how to overcome life's difficulties." Planning to apply this mentality to overcome life's challenges in the future, JB plans to go back to Ireland, play soccer in the Irish League, and find a job in sports technology. Overall, JB's experiences exemplify the Regis community and the Soccer Team spirit--two aspects that will continue to serve each team member in the future.

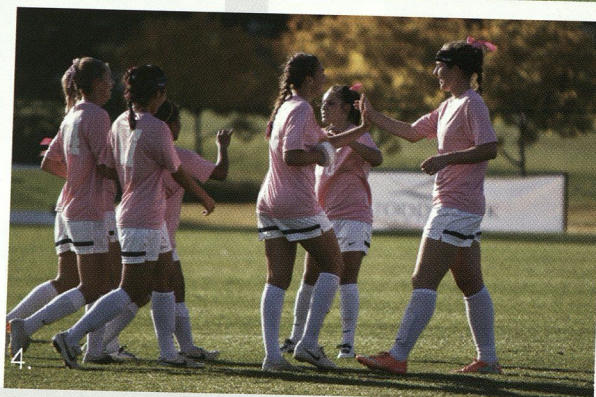
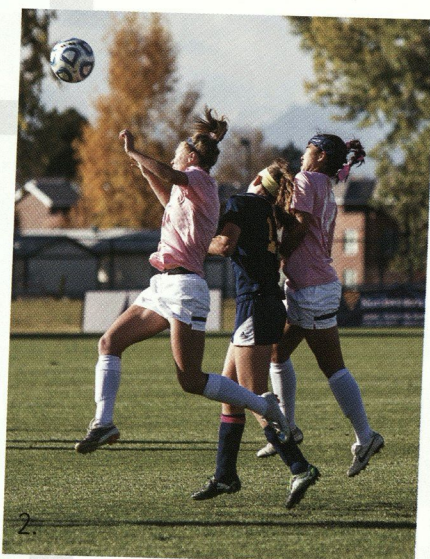


# CHICKS WITH KICKS

## Women's Soccer

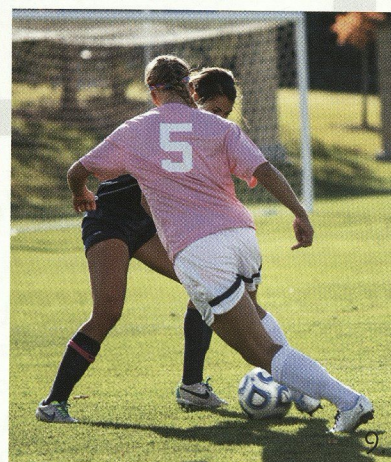
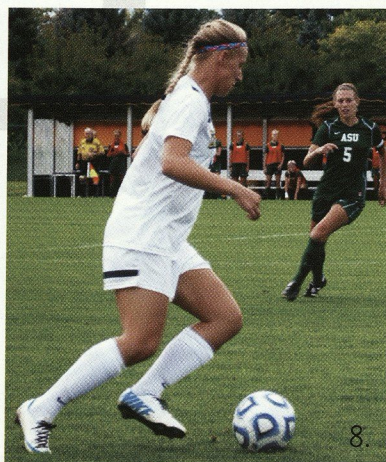
Although the season was tough, the Regis Women's soccer team willingly accepted their challenge because they always aim to improve. Nothing deterred these women as the season progressed, and the team persevered through every game. "By incorporating the freshmen, we are building, little by little, as a team—which, in the end, will lead us to a successful season," said Meghan Stuart. Likewise, Alison Cahill explained, "We are always building, but we come into every year believing we can compete for a championship."

and make it to the championships shows their perseverance. However, their perseverance is not the only thing that makes the Regis Women's soccer team great. Like other teams at Regis, the women's soccer team is one big family, and the players feed off of each other. "The best thing about Regis soccer is being able to wake up every morning and play your favorite sport with 21 of your best friends," said Stuart. Overall, soccer is building for future, successful seasons—and they are doing so as one big, happy family.



1. Fighting for possession
2. Fighting for a header
3. Kendal Kagawa
4. Celebrating after a goal
5. Sid Otto
6. Maison O'Neill
7. Maison O'Neill and Kendal Kagawa
8. Meghan Stuart
9. Meghan Stuart
10. Taylor Hendren





## THE STORY

### Foundation of the Team



Camaraderie and competition permeated Alison Cahill's experiences on the soccer team this year. For one thing, adding to the team's already strong base and ability to compete, a lot of new talent came to women's soccer this year. Cahill says, "We are pretty well-rounded with a lot of strong newcomers, as well as girls who have been around for a while." As Allison continues to explain, soccer is about always building oneself up to compete for a championship, year after year—and the strong newcomers and already talented team members made a championship more tangible. And, according to Allison, this competition not only fosters players' personal growth, but it also helps the teammates connect on a personal level. As Cahill explains, "The best thing about Regis soccer would have to be the relationships built with every one of my teammates, and the love we have for one another." Cahill's experiences show that team spirit and support are very strong between the women soccer stars, and this spirit has always and will continue to bring the girls closer together.



# STAYING TOGETHER

## Women's Volleyball

If asked to describe the volleyball team in one word, many would choose "family." The day each volleyball player steps onto the court at Regis, (s)he becomes part of a family, as members of the team support one another on and off the court—regardless of the circumstances. As senior Lauren Flanagan puts it, "These girls have been my family and best friends for four years. They have seen me at my best and... at my worst, and [they] are always there for me. I couldn't have made it through college without my teammates." The teammates spend most of their time with each other during the season, which is why they are so close. Their closeness shows how strong the bond is between teammates—a closeness that makes them their own family.



2.



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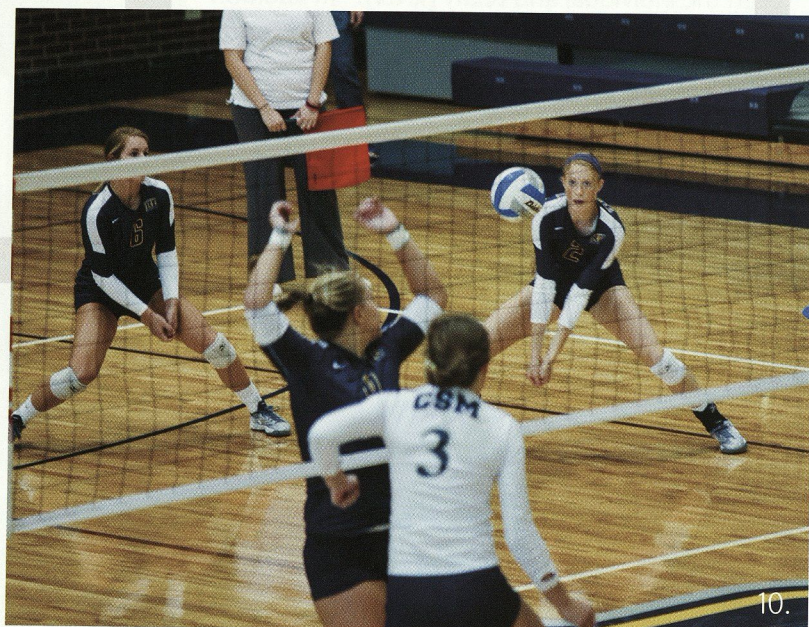
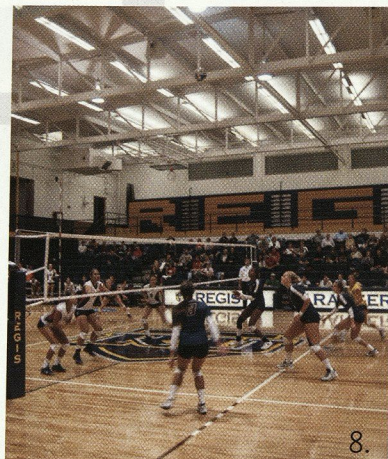
1.



6.

1. Post-game Prayer
2. Catie Breaux, Maya Kirkeby, Jac Williamson, Lauren Flanagan
3. Sage Martinson
4. Jac Williamson
5. Team Hug
6. Jac Williamson
7. Gina Morgan, Sage Martinson
8. Sage Martinson, Gina Morgan
9. Defense
10. Katie Klein, Jac Williamson, Maggie Steward





## THE STORY

### The Last Spike

As a double major in Accounting and Economics with a minor in Mathematics, captain of the volleyball team and senior Lauren Flanagan seems to have done it all. Wanting to do something athletic, Flanagan began playing volleyball twelve years ago—merely because she was tall, hated basketball, and believed that, because she was tall, she had to do one of the two (volleyball or basketball). Thankfully, she stuck with volleyball, and eventually landed a spot as captain on the Regis volleyball team. Of all of her memories from her volleyball career at Regis, her favorite is beating Colorado School of Mines in the RMAC Championship on Mines' home court. Coupled with team prayers before and after the game, beating Mines allowed the members of volleyball team to build a strong bond with one another. Regarding this bond with her teammates, Flanagan commented, "Before each game, as a team, we always pray together and talk about what we are going to do individually to help [the team] win." Flanagan continues to explain that, through their prayer and perseverance, the team begins each season as a team and comes out as a family. And, as tough as it is (being captain, juggling athletic and academic responsibilities, being constantly busy) Flanagan has had faith, family, and friends on her side throughout her entire journey to help her through the good times and the bad. It is this faith, family, and friends that will carry her and her teammates to victory—on the court and off.





# GOLF

## Individual or Together?

Having the support of a team is very important in an individual game such as golf—something that the players on the Regis Golf team know first-hand. Nicole Hulbert elaborates on the interesting balance between team and individual components of the golf, stating that she likes the relationship between the two. She explains, “My favorite thing about golf is how there is always room to improve on both the individual and team [level].” In addition to giving the players multiple areas to improve in, team strength feeds into individual strength on the course as team members support each other on and off the field. In fact, Hulbert explains that these ladies are a team because they: “Want each other to play [our] best, and try and win tournaments as a team, and accomplish things as a team.” Karli Denk further explains that the golf team: “...only has six players [and so] we are a really tight-knit group, and we all get along. We all support each other, and we know how to cheer up one another after a bad round.” This support is the glue that holds these golfers together and keeps them going through thick and thin—as a team, the golfers win and lose with the support of each other.



2.



3.



4.



1.



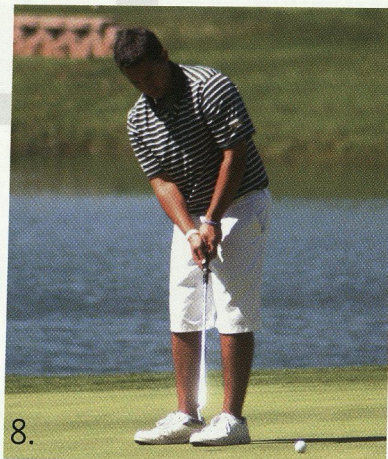
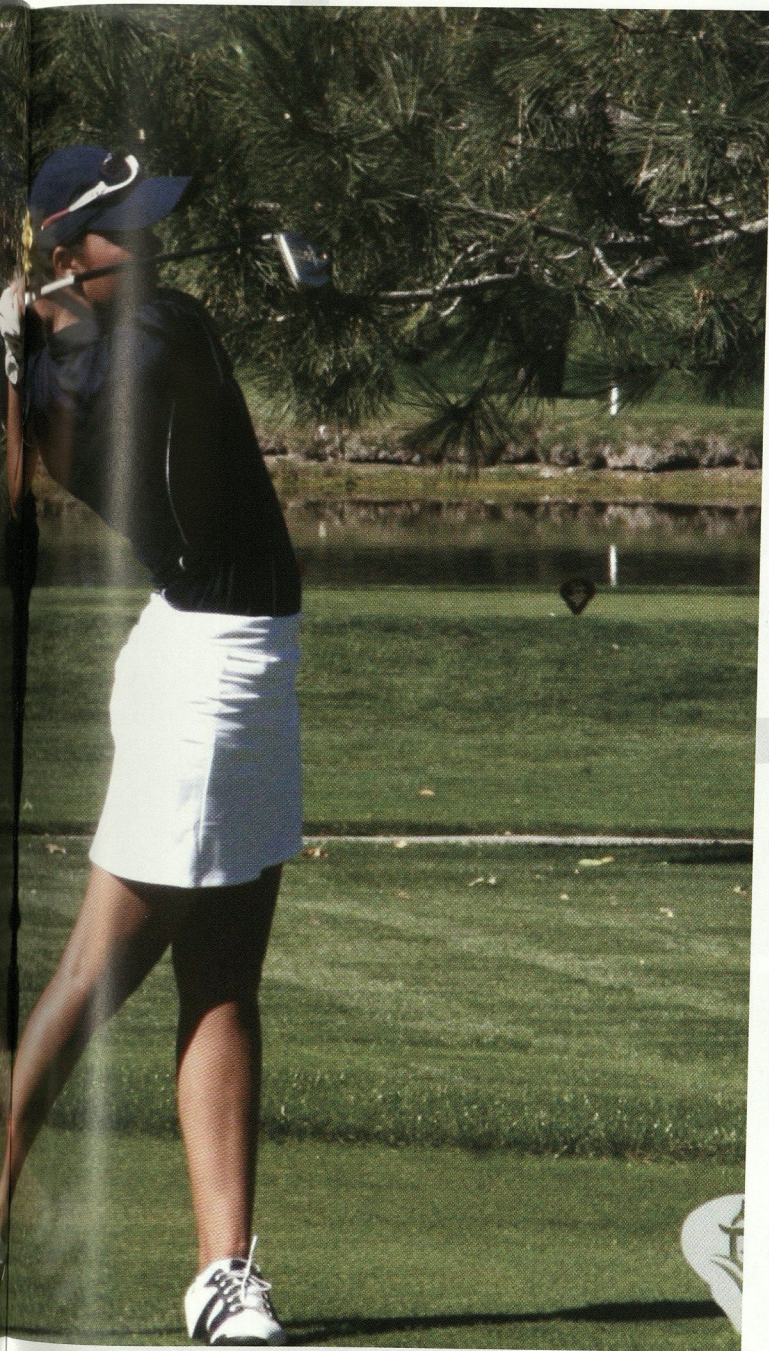
5.



6.

1. Rachel Rodriques
2. Nicole Hulbert
3. Lauren Hundley
4. Matt Robertson
5. Dillon McDonald
6. Karli Denk
7. Ashley Karl
8. Steven DeSliva
9. Karli Denk
10. Drew Vance





## GOLFING AWAY

Ashley Karl

Golf is a sport that mixes many feelings—thrill of sport and camaraderie of teammates among them. A member of the Golf team, Ashley Karl has been playing golf since she was nine years old. Of the many things that she loves about her sport, Ashley explains, “My favorite thing about golf is the unforgettable feeling after crushing a drive or sinking a long putt.” As a part of the Regis team, she was able to share that love—and that unforgettable feeling—with her teammates. And not only did she get the chance to share her love, but she also had the opportunity to create lasting memories with her teammates. Karl says, “One of my favorite memories about being on the team is being amongst four other delirious, overtired girls on the van rides home—[when] we’re supposed to be doing homework, but instead choreograph dances and make goofy faces at the cars next to us. This is actually a reoccurring thing!” With the demandingness of the sport, a little fun now and then is definitely called for—and it is fun that Ashley and her teammates will remember for a lifetime. Overall, as a member of the Golf team, Ashley got to experience the thrill of her sport while creating lasting memories with her teammates—on the course and off it.





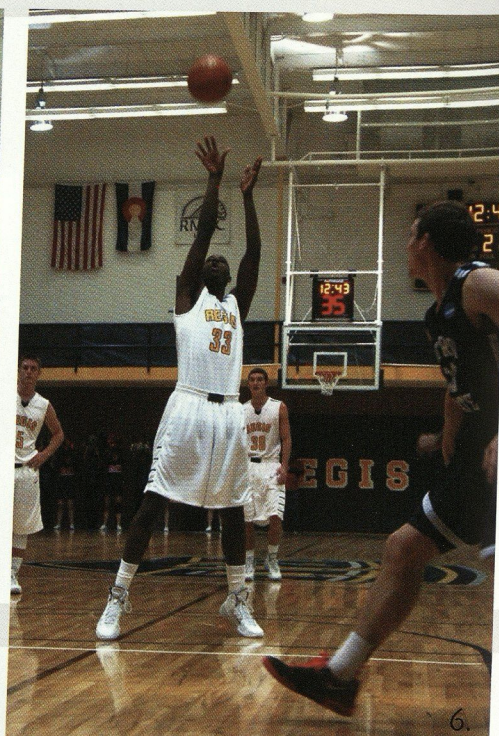
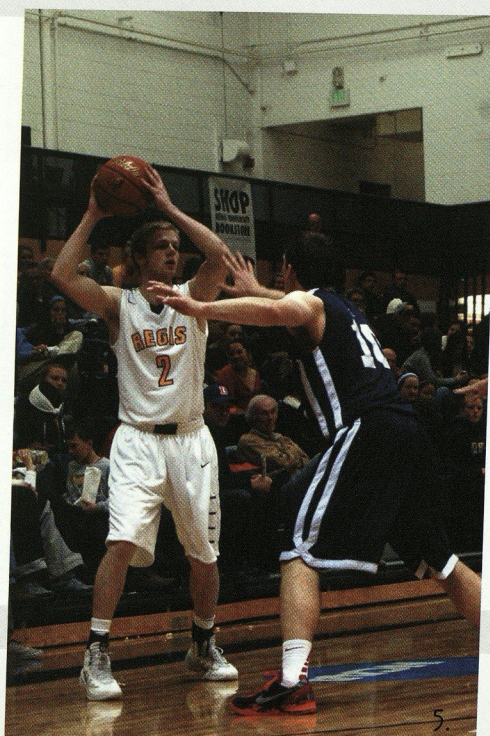
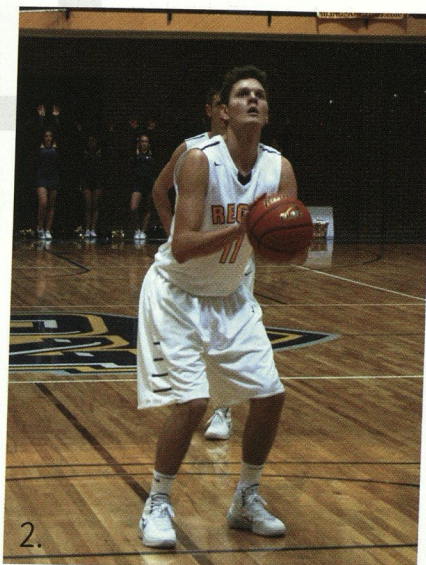
# LEAVING

Leadership on the Men's Basketball team

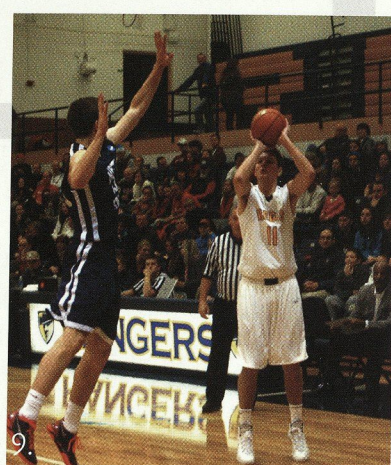
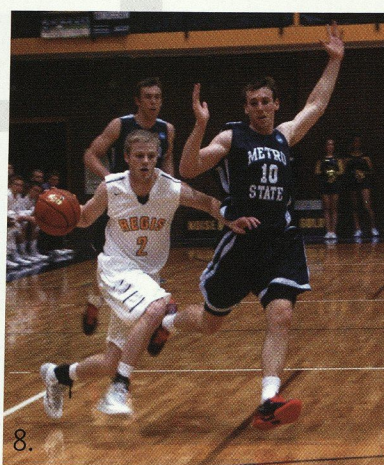
# LEADERS

One benefit of immersing oneself in the Regis community is the various leadership opportunities our school offers, especially through extracurricular activities—throughout the years, we have seen several students emerge as leaders. The Regis Men's Basketball team has come to be a home for several such students, as the team is chock-full of senior leaders who guide underclassmen to success. Gregory Lee explains, "It's our job to prepare the underclassmen and transfers and let them know what's expected from them." This task makes the seniors valuable members of the team—which means that with the glory of graduation comes the bittersweet taste of leaving the team they have led. "Being a senior is extremely bittersweet. Having the chance to lead younger guys is a great opportunity, but knowing that the end of my college career is in sight is very hard to swallow," said Michael MacKelvie. As these seniors graduate, they leave a new generation of leadership thriving on their team and in their community.

1. Spencer Reeb, Joseph Bodman, and Jarrett Green
2. Spencer Reeb
3. Jon Conley
4. Jarrett Green
5. Mike MacKelvie
6. Kallen Link
7. Bryan Siefker
8. Mike MacKelvie
9. Spencer Reeb
10. Kevin Marshall







## A NEW BEGINNING

Kyle King's First Season

As a freshman, starting over is tough. Luckily, Kyle King has his basketball team to help him make the transition from playing high school basketball to playing college basketball. King's teammates have definitely helped him make this switch, as Kyle says, "I feel like the freshmen have really been guided by the older players. They are motivational, inspiring, hard working, and they know what it takes to be successful." This guidance was especially important, as the transition was difficult for King at first. He describes, "The jump from high school to college is a large transition because of the level of play. I feel like, for all of the freshmen, it's different because you go from having a larger role on your high school team to being thrown into a college game that has players with much more experience." However, this jump does not change the pride he feels when he represents his school in blue and gold. "It's an honor to put on a Regis uniform, to represent the school," King stated. It's an honor indeed—especially when exemplifying a tight knit community such as Regis—and we are proud to have men like Kyle representing our school.

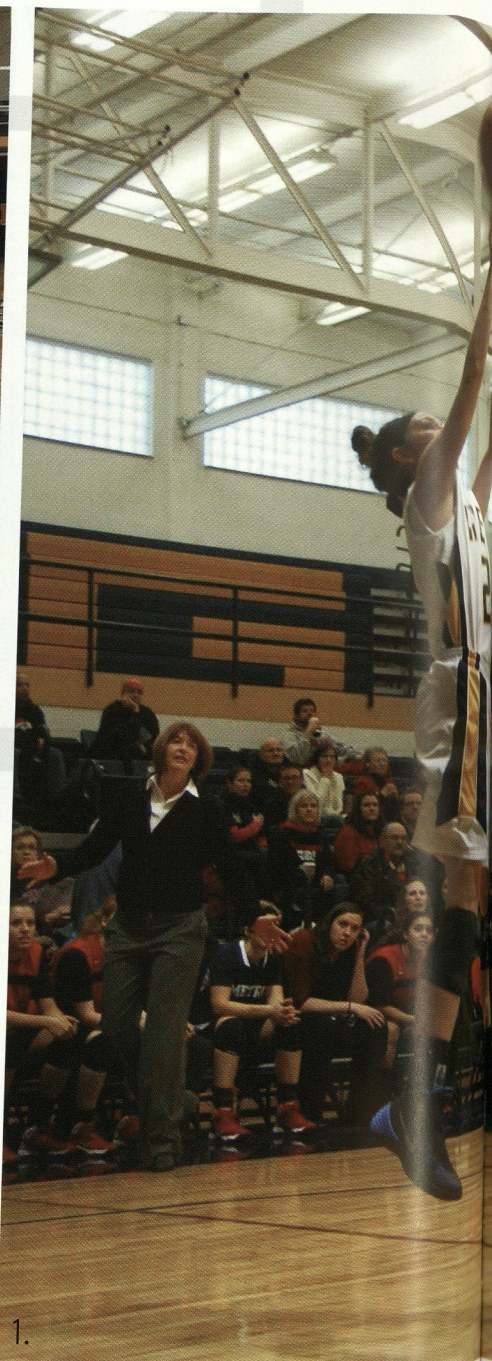
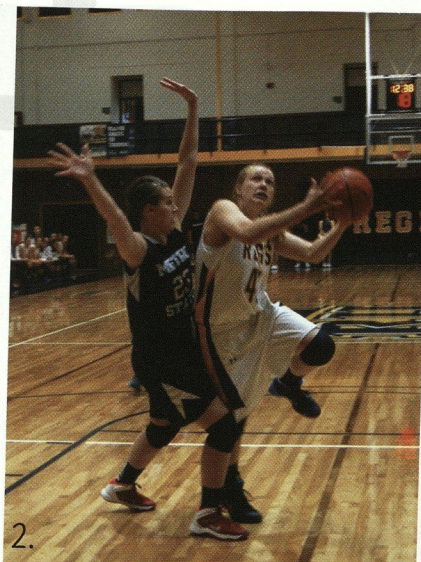




# A YOUNG TEAM

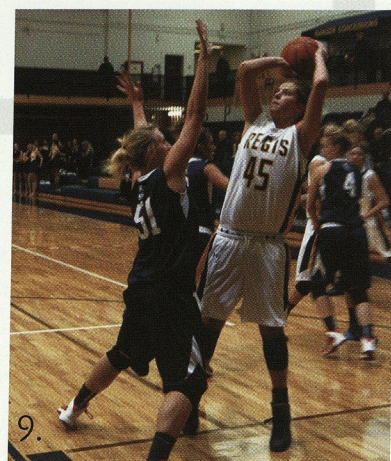
The Family That Plays Together; Wins Together

The 2013-2014 Basketball season was filled with the familiar sensations of family, youth, and potential. Regarding the particularly young age of most of her teammates, Junior Ericka Von Stein explains, "It is very exciting that our team is so young because it means the future is bright. We have been able to count on our freshmen to step up and contribute very early in their careers." Freshman Kaycee Hert shares the same excitement as she explains, "Playing with a young team is great. We all have so much potential, and we can only grow from here, which motivates us to do our best." She adds, "Being a part of this team means a lot to me. We are all best friends, and we have each other's back[s]." In having each other's backs, each player becomes a member of the potential-filled basketball family—a family made possibly through teamwork. This teamwork appears both on and off the court, and, as team family members, these ladies compete for each other and win for each other, giving their all to every game.



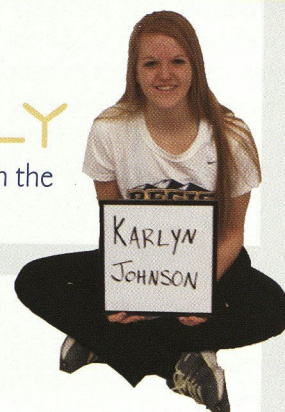
1. Bay'lee Purdy
2. Jena Blasingane
3. Brandi Collins
4. Karlyn Johnson
5. Mackenzie McPhee
6. Erica Von Stein
7. Kaycee Hert
8. Tae'lor Purdy
9. Sarah Seefeldt
10. The Team





## SECOND FAMILY

Karlyn Johnson: Dream to Play on the  
Regis Team



Family is the theme of the Women's Basketball team. As a freshman on the Women's Basketball team, Karlyn Johnson has become a part of the team's mentality and family. Karlyn explains, "Basketball has given me an immediate group of close friends in all stages of school and life [who] I can learn from and hang out with." This immediate group of close friends has played an importantly positive role in Karlyn's life—on and off the court—by guiding her through her freshman year. Karlyn explains that, with each new season, she and her team: "always look forward to time that [they] get to spend with teammates and [the chance to] create a family." Because they are a family, basketball becomes more than just a sport—it becomes a life-changing experience. Overall, basketball is not just an extracurricular activity for Karlyn—it is an opportunity for her to create memories and build relationships with her teammates in order to enrich her life as a freshman.

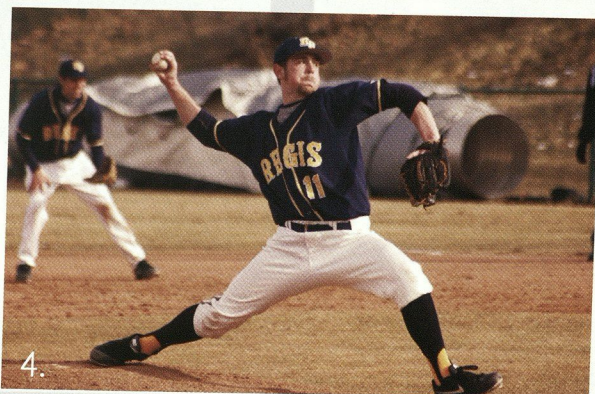
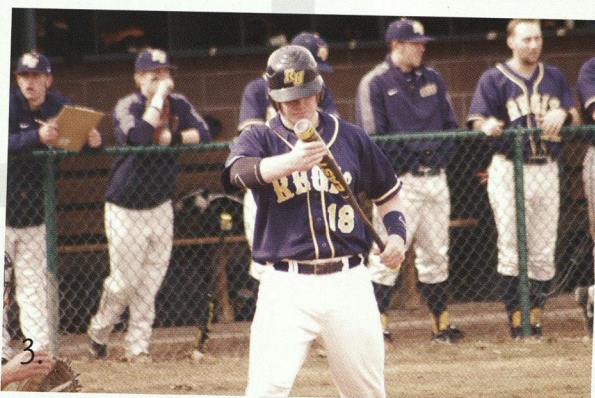
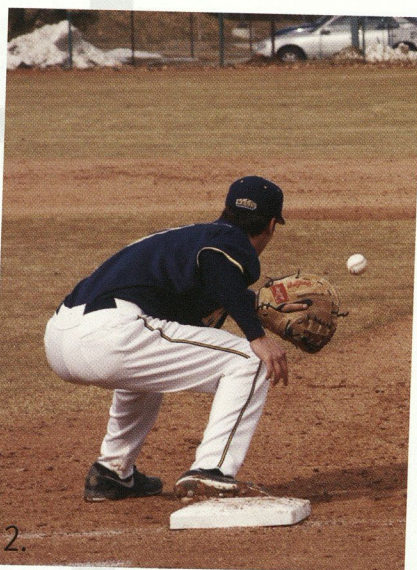




# BROTHERS

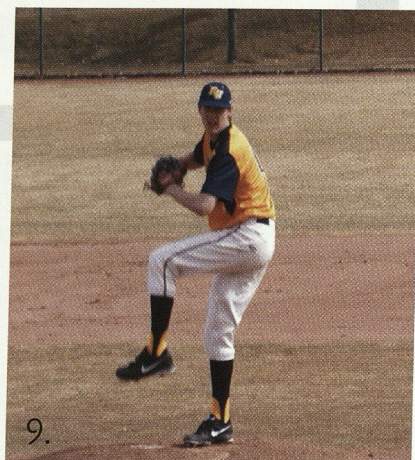
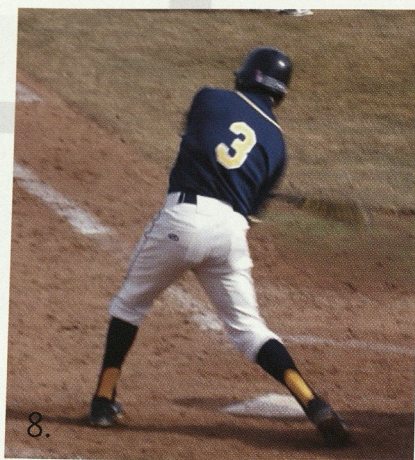
On and Off the Field

An eclectic group of 25 individuals—all with their own skills and talents—combine to form one strong Ranger Baseball team. Despite the many new changes this season—including a new Head Coach—one thing that will never change is the team's overwhelming will to win. Junior Logan Knox says, "We have solid leadership from the coaching staff, as well as returning players, that will result in a strong desire to win games. We have new guys, but we mesh well, and we all get along, and we all want to win." Through this will to win, the Ranger Baseball team unites in a common goal; however, our team is not special because they want to win. Instead, what makes this team special is the fact that the want to win not for themselves, but for each other—for their teammates, for their brothers. Matt Hemphill expresses this notion as he explains, "I take pride in being a Regis Ranger because [I] know how much work, sweat, and sacrifice it takes to be a part of this team. We play hard for each other on the field, and that support doesn't leave us once we exit the ballpark." Through their dedication to winning for each other, and through the support they give each other, The Ranger Baseball team answers the question "How ought we to live?" not as individuals, but as a team.



1. The team celebrates
2. Tony Schicktanz
3. Ty Overboe
4. Jake Long
5. Justin Hawkin and Tony Schicktanz
6. Tyler Kesthely
7. Kirby Schwein, Jake Long and John Mulhern
8. Jesse Porras
9. Brad Thoutt
10. John Tosches





## "RANGER BASEBALL" IS...

John Toches: Final Season



Success and change marked this year's season for the Men's Baseball team. As the team's designated hitter, senior John Toches experienced this metamorphosis—in all its trials and triumphs—first-hand. John explains, "This season will be much different than any other season I've been a part of at Regis. Having a new head-coach and a small roster of players are two huge differences this season, compared to the three I've been a part of already." But, however different the season may be, there are certainly perks to these new changes. John adds, "The good news is [that] with a smaller roster comes greater chemistry between players—and a new head coach means fresh ideas and strategy that will allow us to compete in and eventually runaway with the RMAC!" Amidst the perks of greater chemistry and a promising new combination of players, ideas, and strategy, Toches's baseball experience has been met with great success, as he was awarded Second Team Honors and the National Collegiate Baseball Writers of America: Preseason, All South-Central Region. Regarding what his success means for this season, John explains, "Being named to that list means my play from last year was recognized by the NCBWA, and they expect me to continue to play at that level and beyond it. Pre-season polls are nice, but once the season starts, my focus will be 100% on winning, not what list I might be put on. With that being said, I'm looking forward to proving that I deserve to be on that list and that last year wasn't just a fluke." And John has full faith in his own ability, and in his team's ability, to accomplish that goal and all their others. John sums up his experience on the team as he says that he is: "Just one cog working in the mad-science, funkadelic, diesel-fueled, hairy-chested, fire-breathing, high-flying, earth-shattering, sky-scraping, diamond-encrusted, finely-tuned, dirty, nasty, midnight express monster-mash machine called 'Ranger Baseball.'"

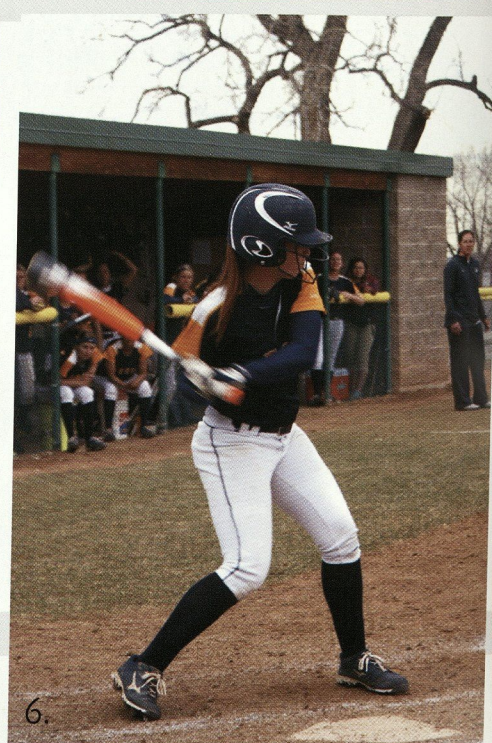
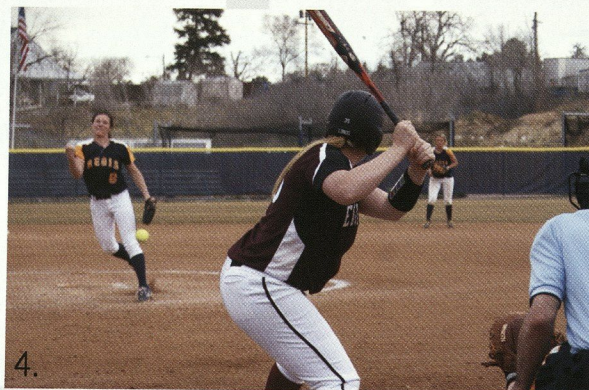




# A DYNAMIC TEAM

## The Road to Softball Victory

**P**ositive energy and determination to improve are always important components of a team member's mentality. All the girls on the team know how important it is to maintain that mentality, whether they are competing or simply at practice. It is essential that everyone keep this mentality because all positions must work together for the team to achieve victory. Sam Talmich plays first base, where it is especially important to maintain a connection between other team members. Talmich explains that the girls: "Have good team chemistry and like to be around each other. We play more for each other than for ourselves." In the same way, she explains that keeping the connection is important off of the field. "My favorite memory this year is our first team dinner because it was the first time we actually had fun together as a team, and we really saw some sides of teammates that they haven't shown before. I think we really learned who each other [are], and it definitely brought us a lot closer." As a team, the girls maintain the important team dynamic that drives them to victory—on the field and off.



1. Rangers rally in between plays.
2. Taylor Wilcox, #3
3. Two on base, Rangers up to bat.
4. Britney Lee #8
5. Rachel Illias #21
6. Alyssa Finger #1
7. Keala Pi'imanu Bertulfo #10, Britney Lee #8, and Alyssa Finger #1
8. Rachel Illias #21 and Bradey King #5
9. Rachel Illias #21
10. Keala Pi'imanu Bertulfo #10, Britney Lee #8

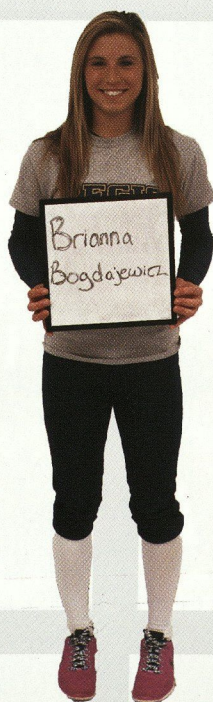




## THE STORY

### The Dive: Brianna Bogdajewicz

Softball requires action and attentiveness. As center-fielder on the softball team, Brianna Bogdajewicz knows this first-hand. Through her position, above all else Brianna has learned the importance of keeping her mind in the game and not losing confidence when plays don't go as planned. Even when plays don't go as planned, though, there is a certain thrill in trying to figure out how to get the game back on track. "I like the challenge of trying to run down balls and making great plays to keep runners from scoring." Adding to this excitement, Bogdajewicz also pursues another personal challenge. She explains that her favorite part of the sport is: "Diving for balls, it's always exciting!" As a center-fielder, Brianna certainly gets plenty of opportunities to do just that as she takes on personal challenges to lead her team to victory.





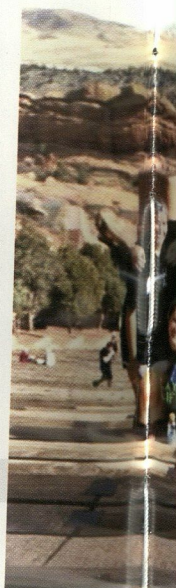
# STICK IT TO 'EM

## One Team, One Family

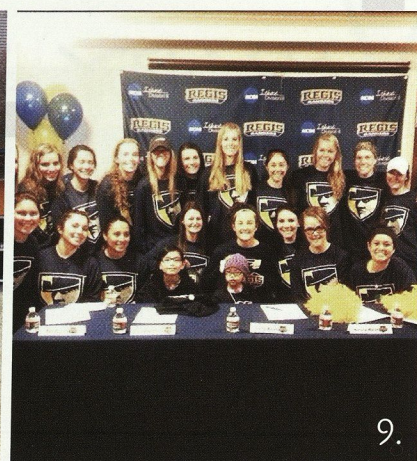
As many athletes know, your team becomes your family. Of the many teams that this sentiment permeates, it is particularly strong in the Ranger Women's Lacrosse team—a family that has helped make its members who they are. As Monica Gorciak describes, “[Being on the team] means being part of a family. We each have special talents and qualities, and, when these are combined, we bring something amazing to the field. It means supporting each other on the field and off, and knowing someone is always there to have your back. It means placing the ‘I’ after the ‘we’. I love my team with all my heart, and I have no idea what I would do without them.” It takes a special bond to build up that kind of love and trust. This kind of love between teammates—family members, rather—is also one that builds friendships that last a lifetime. Emily Behr explains the impact lacrosse and her teammates have had on her. She says, “Lacrosse has shaped my life. It has made me realize that there is more to myself than just ‘me.’ The people around me have formed me into the person I am today, and those people have, most often, been family, teammates, and coaches. Lacrosse is an essential piece of who I am.” With each new season comes uncertainty in how it will turn out for these athletes; however, this Women's lacrosse family finds certainty in the fact that—win or lose—each of these ladies will forever have a family to turn to, a family in lacrosse.



1. Melissa Hastie
2. Team bonding during a bus ride
3. A match against Colorado Mesa
4. The team posing for a group photo
5. Showing their fun side in the locker room
6. Celebrating after a goal
7. Running Red Rocks on a warm day
8. Team huddle before the game
9. Daisy Signed with Regis Lacrosse
10. Melissa Hatsie, Maribel Gallegos, Morgan Pierson, Sierra Perrella, Hilary Duda, Emily Behr, and Gianna Lombardi



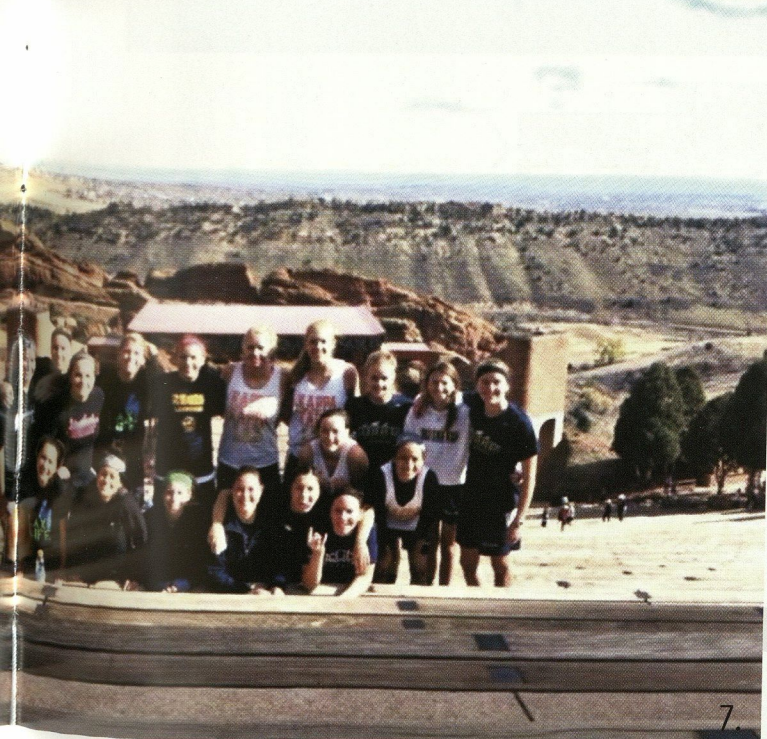




## THE STORY

### Bust a Move

Faith, the support of her friends, and the love of lacrosse blessed Gianna Lombardi and her teammates, allowing her to play this sport she for 11 years now. Her passion for lacrosse began many years ago. As Lombardi explains, "I was bored of playing soccer, so my dad suggested I try lacrosse—but there was only a boys' team in my area. So, in my first year learning, I played with all the boys as a goalie and fell in love with the position." Learning to play with boys meant that Lombardi would be hit with the ball—a lot. But the colorful reminders of the battles she fought and won only fueled her passion. Lombardi enthusiastically says, "The giant bruises are sick battle wounds, and I'm so proud of them!" With the battle wounds and the passion comes a great deal of pressure to serve her team well. To deal with this pressure of being a goalie, and to rev herself up before games, Lombardi melds her faith and passion in her own pregame ritual. She explains, "Before every game, I stand in my crease and visualize the game. It's a great time for me to focus—but also take a step back and thank God for helping me get to play a Division 2 NCAA sport. I always do a sign of the cross, check the posts of the goal, and let the game begin." This is not Lombardi's only ritual, however—she also embraces her inner rapper. "I love to listen to 'Bust a Move' by Young MC before each game. I can rap the whole song, so I just get my groove on!" As Lombardi continues to get her groove on, she will also continue to help her team succeed in its colorful battles for victory.





# VARSITY SPORTS



WOMEN'S SOCCER

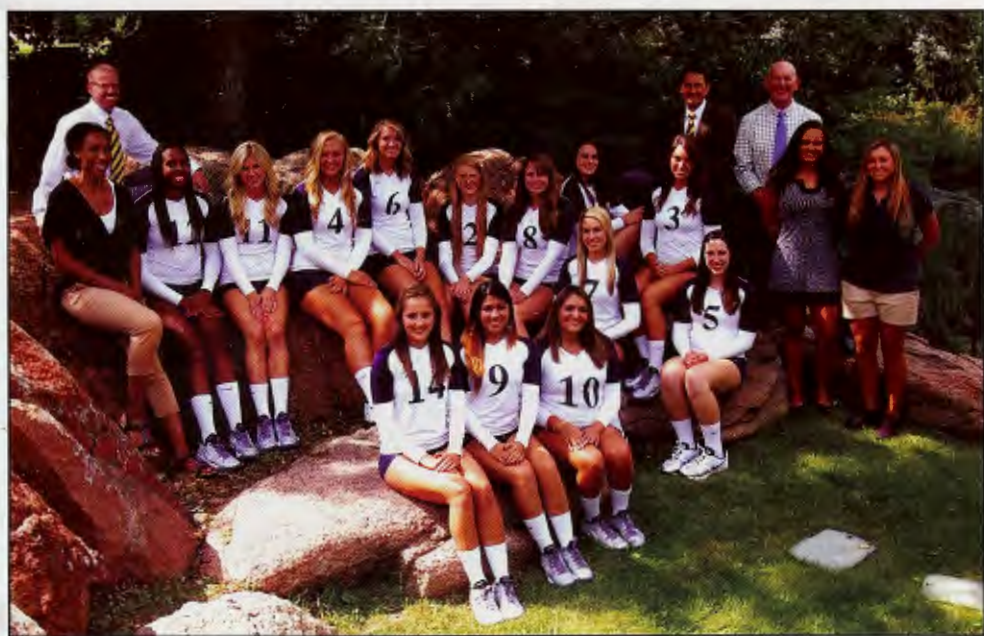
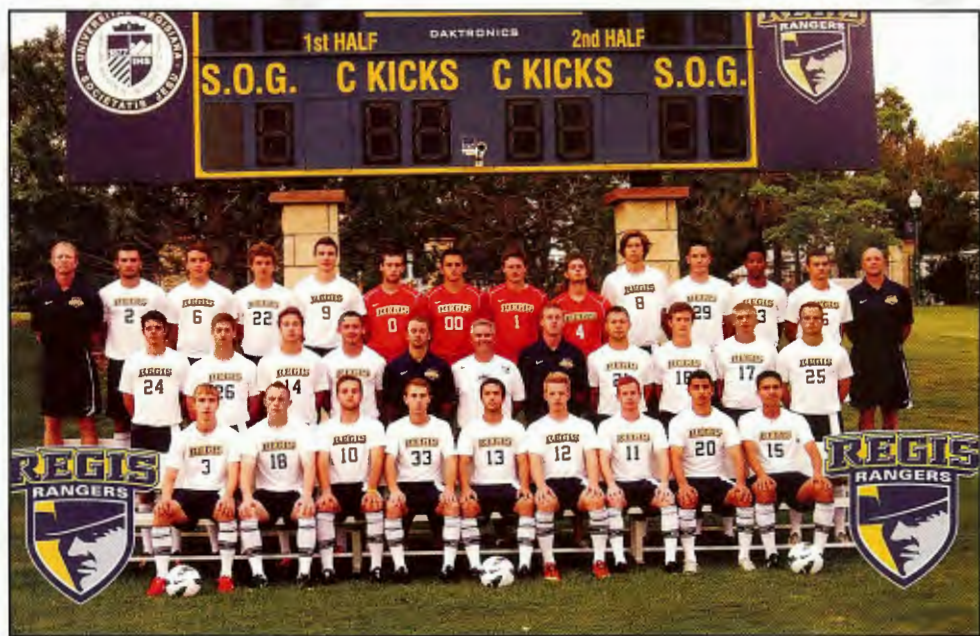
WOMEN'S  
LACROSSE



MEN'S  
CROSS COUNTRY



# MEN'S SOCCER



# WOMEN'S VOLLEYBALL

# WOMEN'S CROSS COUNTRY





# Women's Basketball

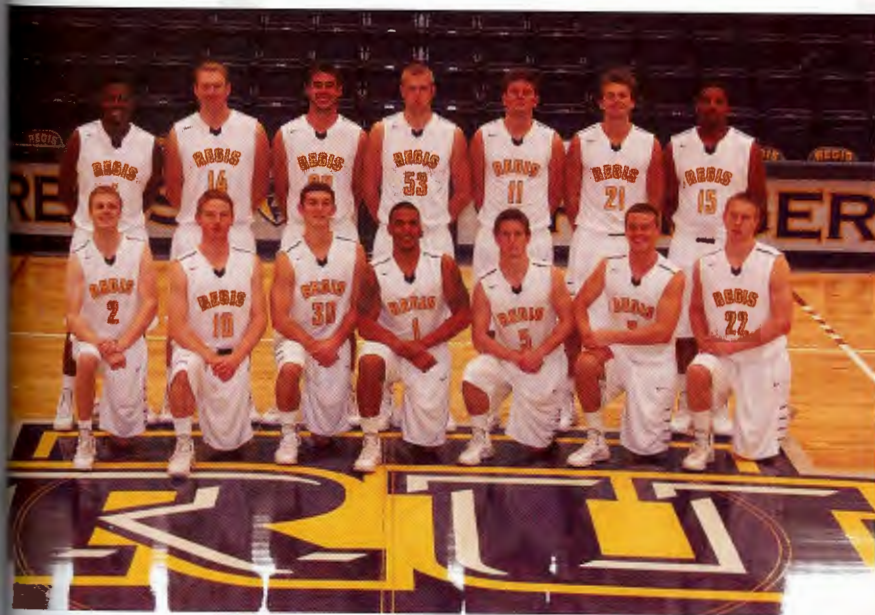
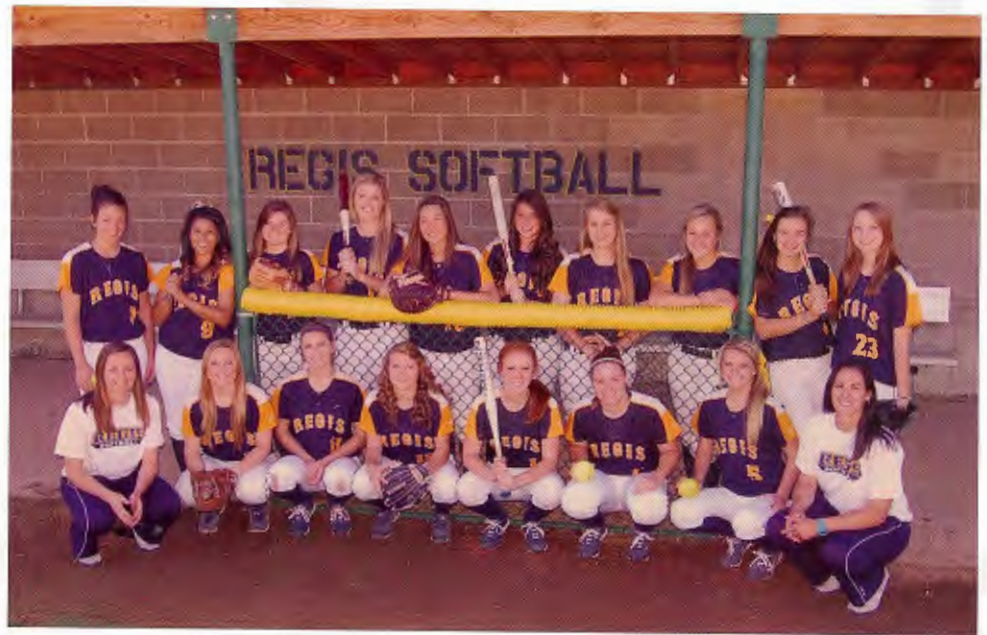


# Men's Golf



# VARSITY SPORTS

WOMEN'S SOFTBALL



MEN'S BASKETBALL

WOMEN'S GOLF

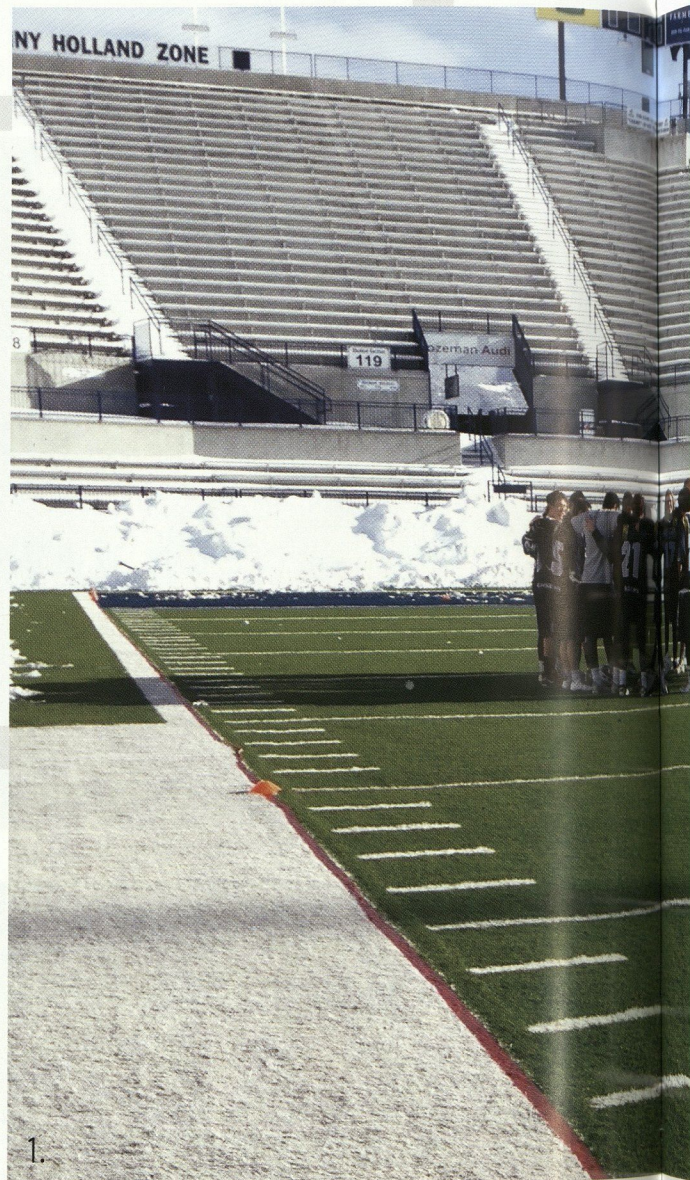
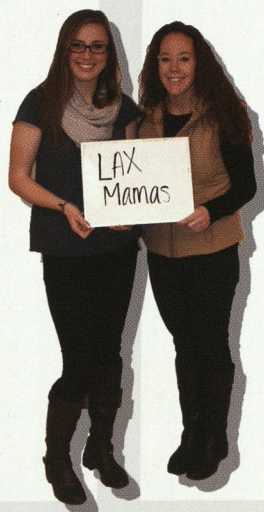




# LAX MAMAS

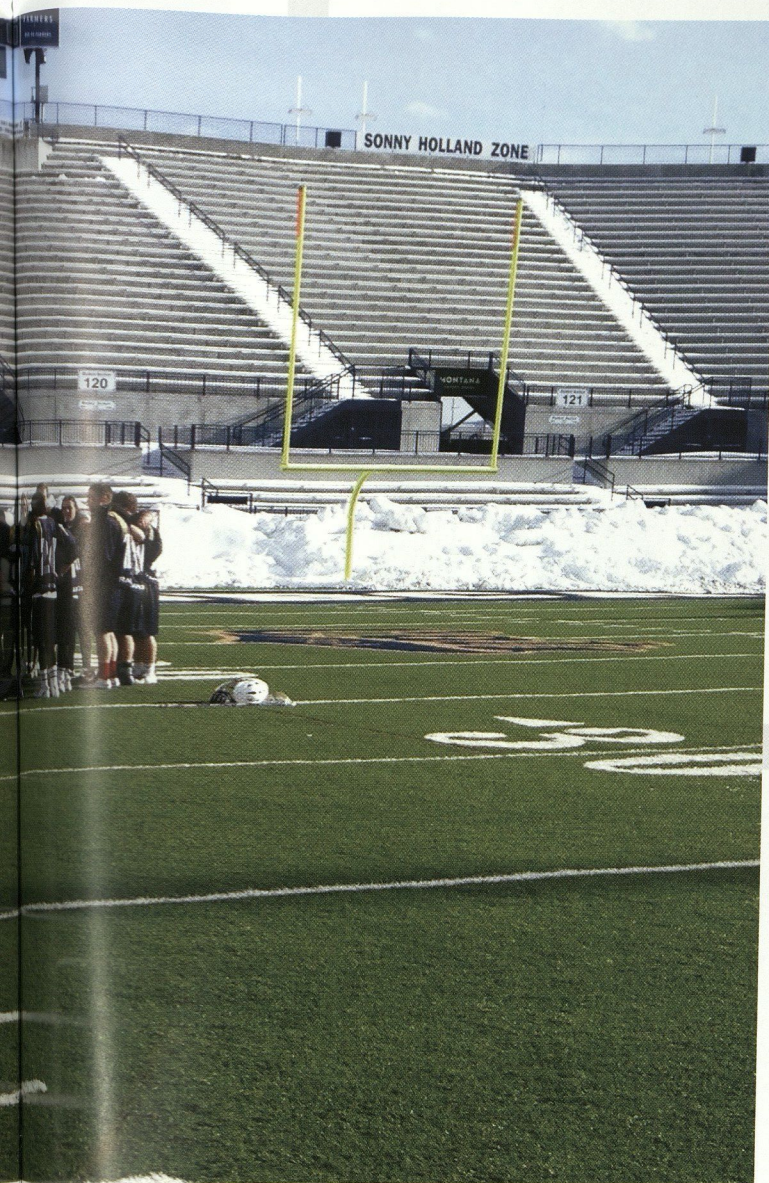
## TAKING CARE OF BUSINESS

Lax Mamas: the name the Men's Lacrosse team has assigned team managers Cait Birge and Hannah Farner. Birge explains where the label Lax Mamas came from as she says: "One of the first games I helped with, I brought oranges for the guys at half-time, and they started calling me 'Team Mom.' Then it evolved to Lax Mama, and it's stuck ever since. The guys are ridiculous, but that's why I love them." This simple act—and the resulting Lax Mamas label—led the team to bond with their team managers. From there, Birge and Farner have enjoyed becoming part of the team family. "They're like the older brothers I never really had growing up," Farner elaborated, adding, "Some of my best friends are on that team." Another perk of being a team manager is getting to travel with the team. Birge professes, "Another great thing about managing is getting to see different parts of the country we wouldn't see otherwise—plus we get to travel with our best friends, so that's a definite plus." Despite how much they enjoy the bonds they have built, being a team manager is definitely not all fun and games—the Lax Mamas are in charge of planning all the trips, accommodations, and food; keeping track of stats at the game; and any additional work the coaches give them. "After doing everything by myself for so long, having help this year was a huge lifesaver," Birge explains. With this being her last year as a Lax Mama, Birge adds, "I know the team is going to be in good hands when I leave next year." As the future lone Lax Mama, Hannah responds, "I don't know what I'm going to do without Cait next year. We've both been talking about how much we love the guys, but we've definitely gotten really close this year, too. She's easily one of my best friends. Like I said, we are all a family." Although these ladies work behind-the-scenes, they help the team run smoothly and will go down in history as the first "Lax Mamas."



1. Post game prayer
2. Team managers, Cait Birge and Hannah Farner
3. Training at Red Rocks
4. Clarence Wroblewski and Mike Marino

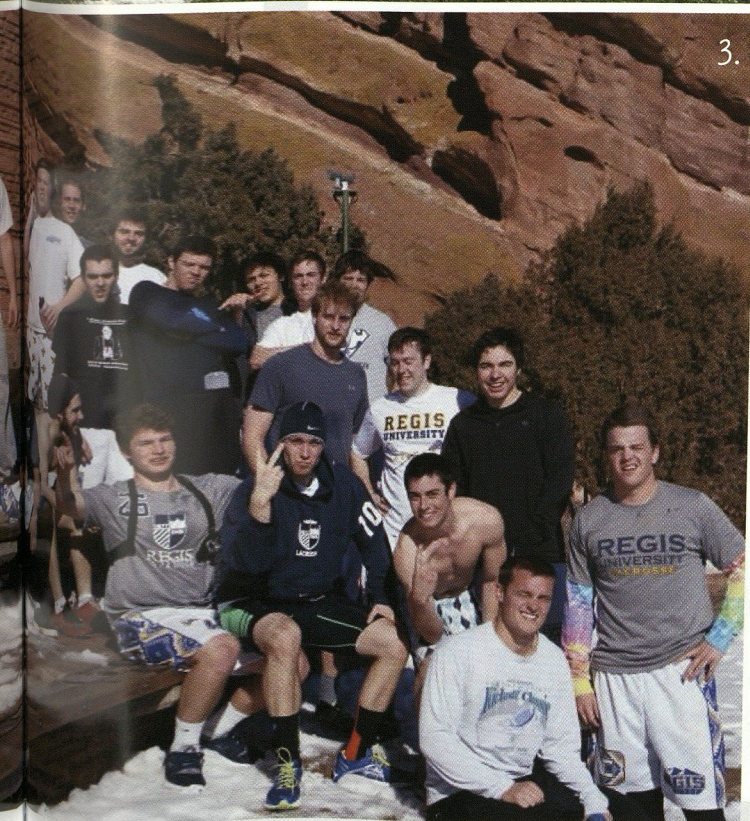
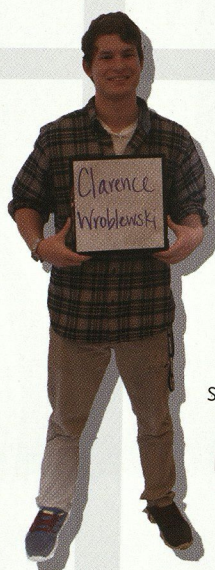




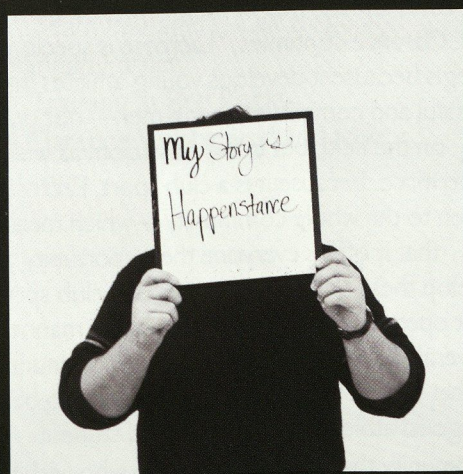
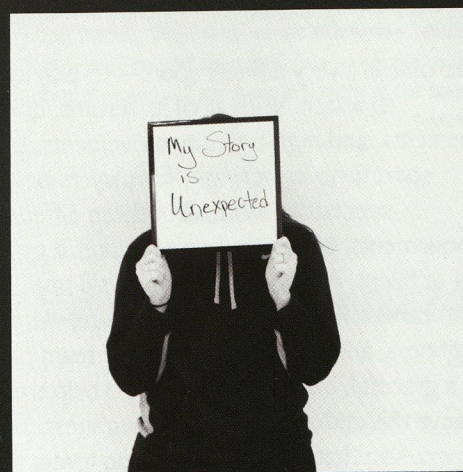
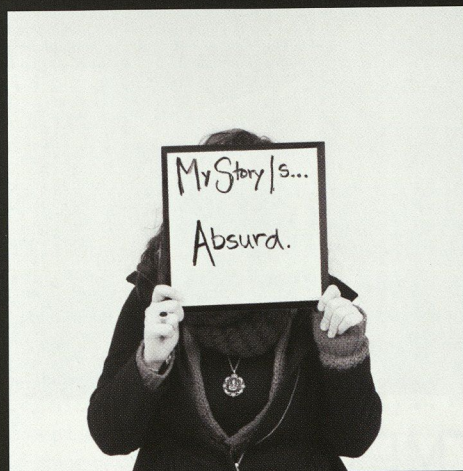
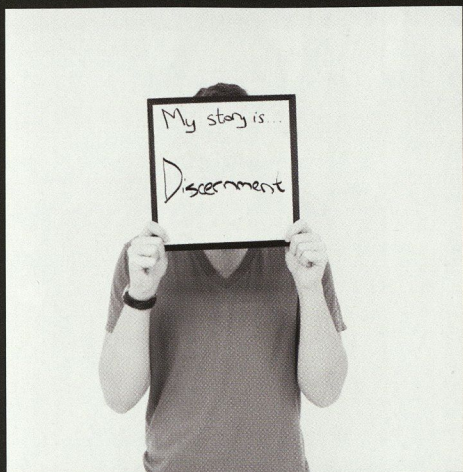
## COMMITMENT

### ATHLETICS AND EDUCATION

Lacrosse is a very difficult sport—to play and to watch. With all of its scrums, quick movements, and high-intensity movements, this sport is never boring—for players or for spectators. With all of these different movements, playing lacrosse requires a great deal of talent. As Clarence Wroblewski says, “It takes a lot of physical endurance, mental toughness, and the ability to execute team play in a graceful, but forceful way.” To help them achieve this endurance, mental toughness, and execution that balances grace and force, the Men’s Lacrosse Club has become a very close-knit, committed group of men—on and off the field. Clarence continues, “Lacrosse is special at Regis because it develops young athletes into successful and committed young men—not only on the field, but in the classroom as well.” Furthermore, because it is a club sport, Lacrosse is open to the whole community—which means that it offers everyone the opportunity to develop these skills as a member of a club sport that operates in a professional, varsity manner. Overall, Lacrosse at Regis forms a community that fosters the commitment needed to be a good athlete and to be a good student—a community that is open to all men who wish to partake in this challenging sport.





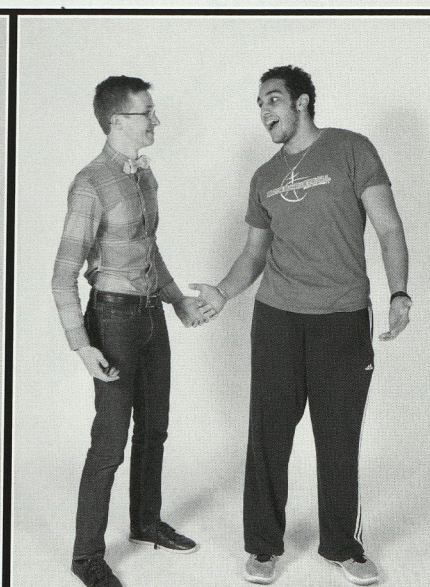
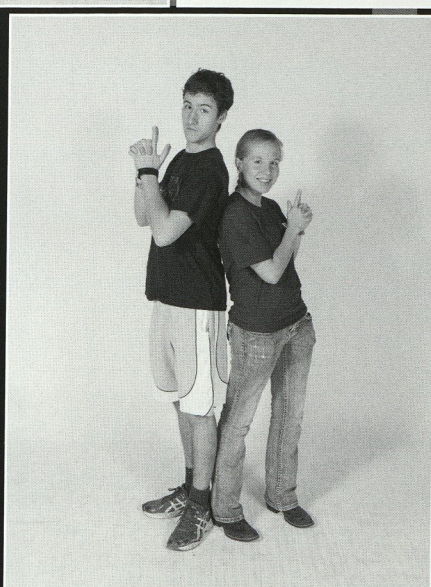
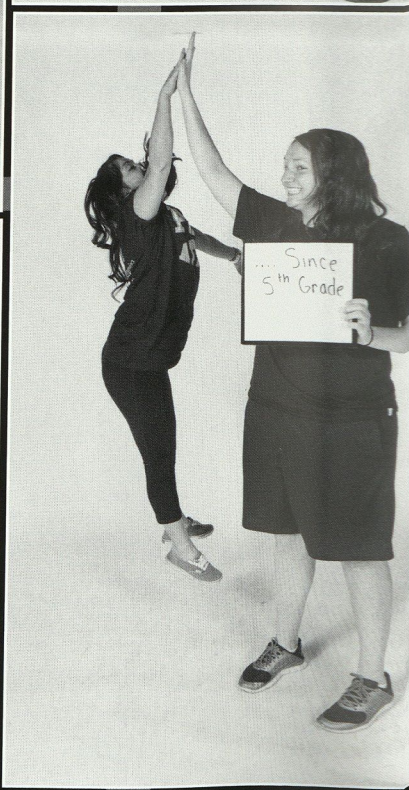
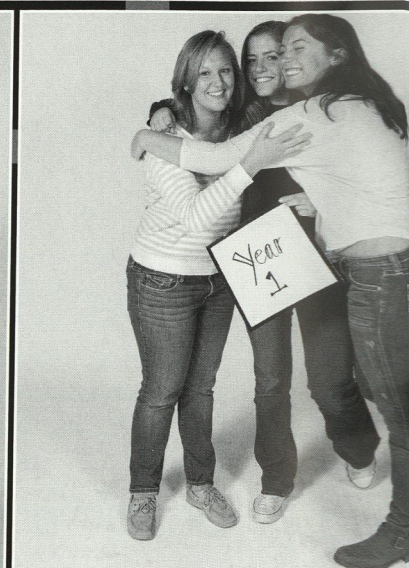
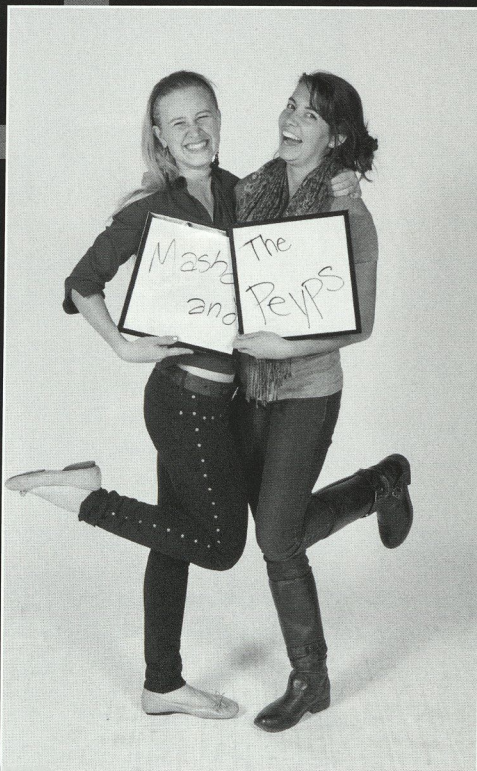




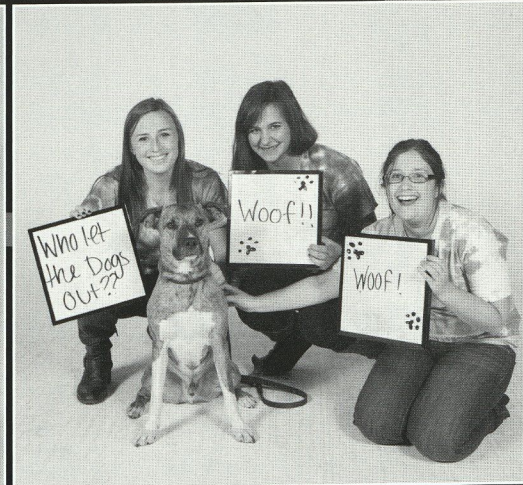
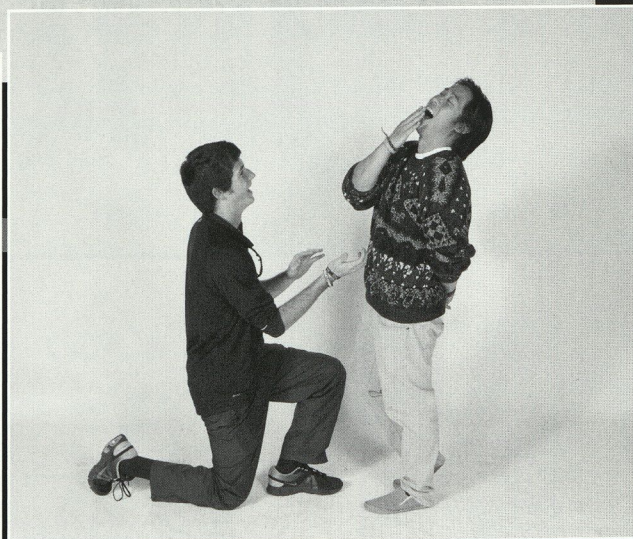
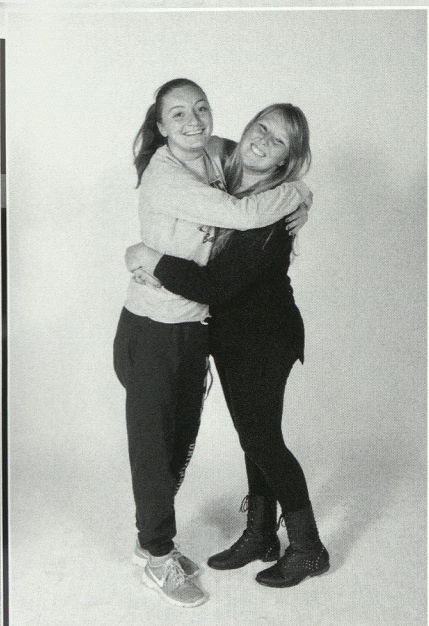
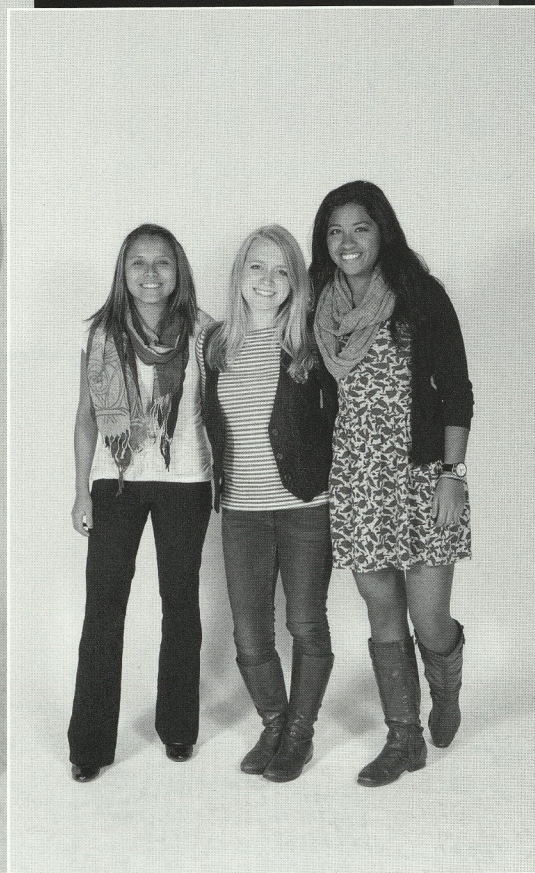
# INDIVIDUALS



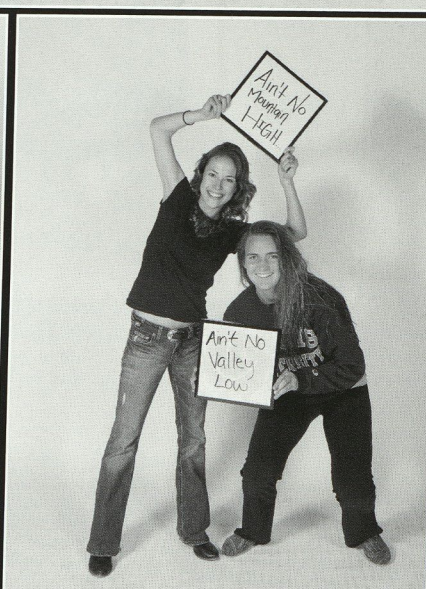
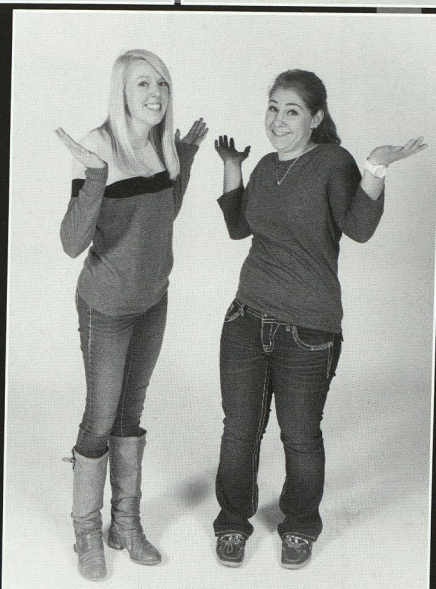
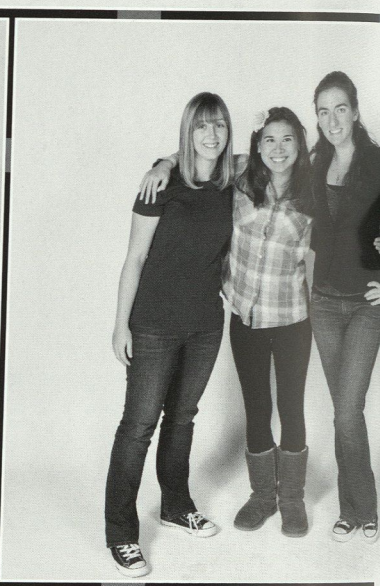
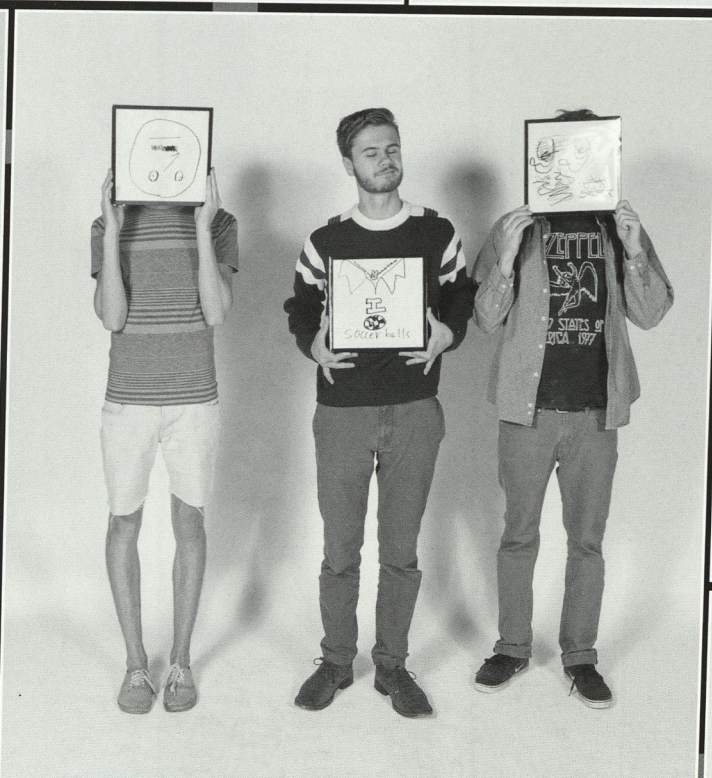
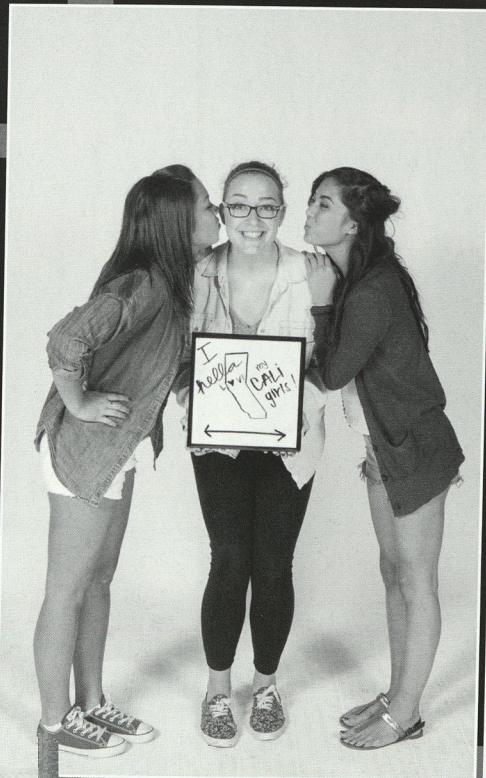
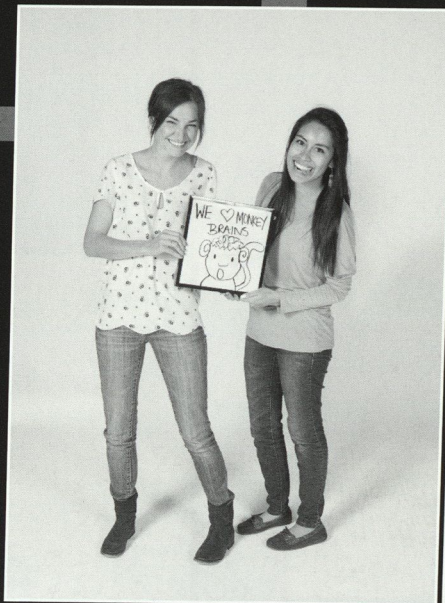




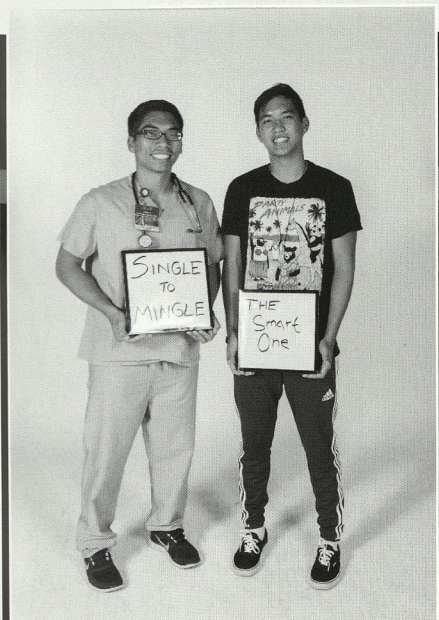
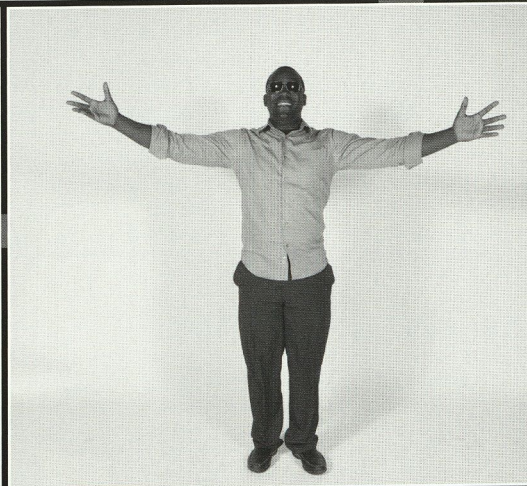
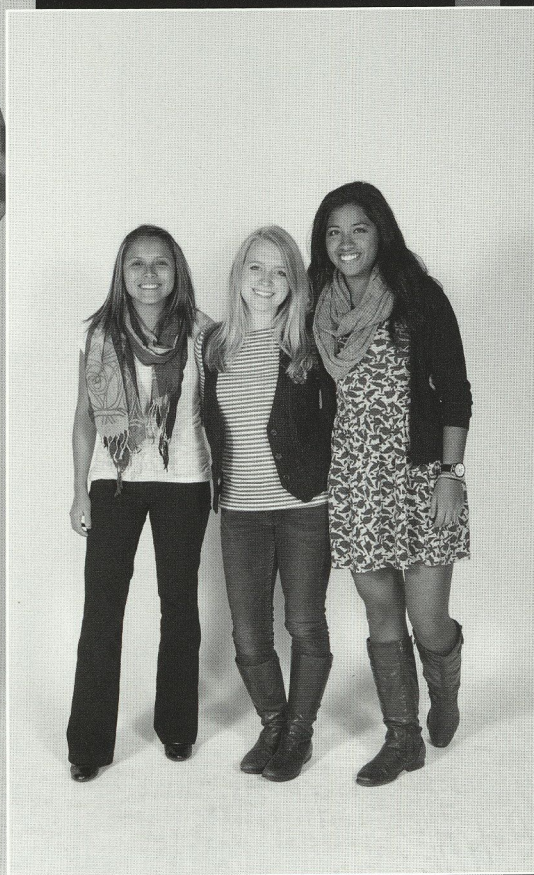




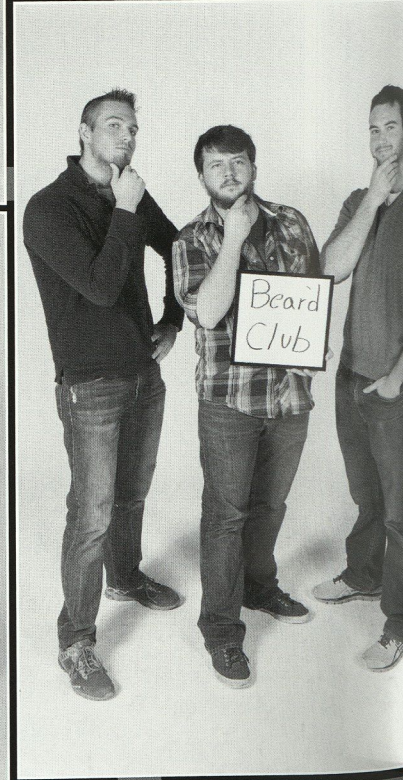
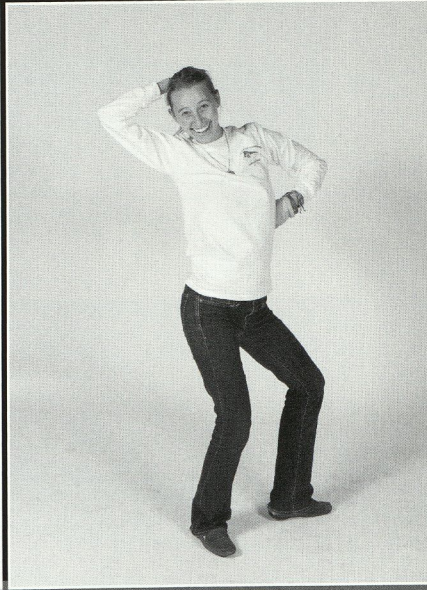
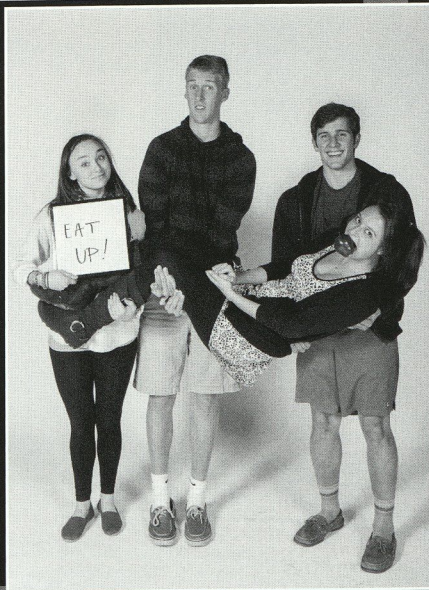
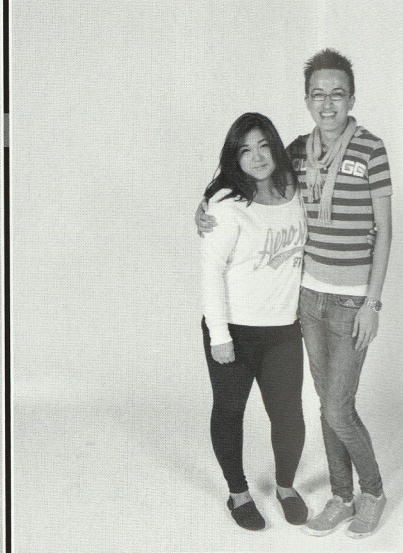
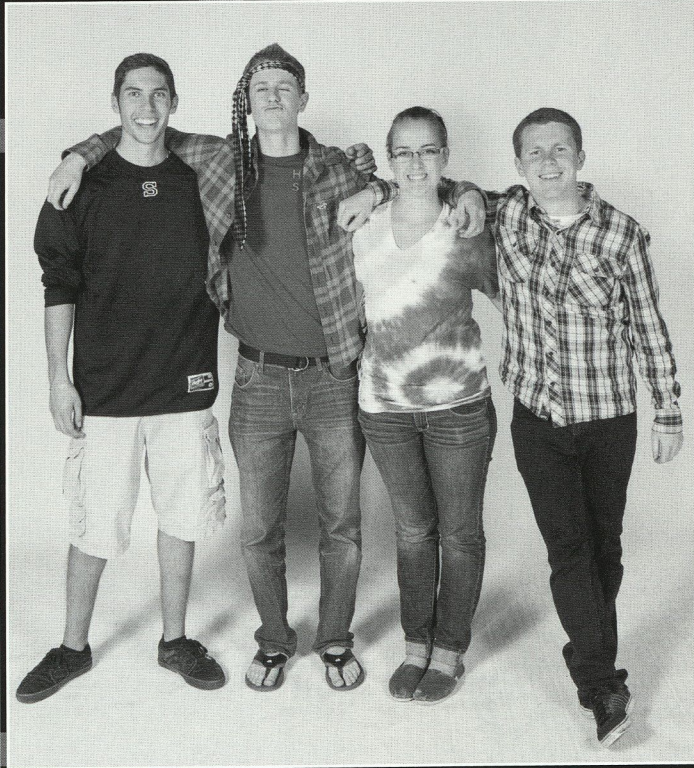
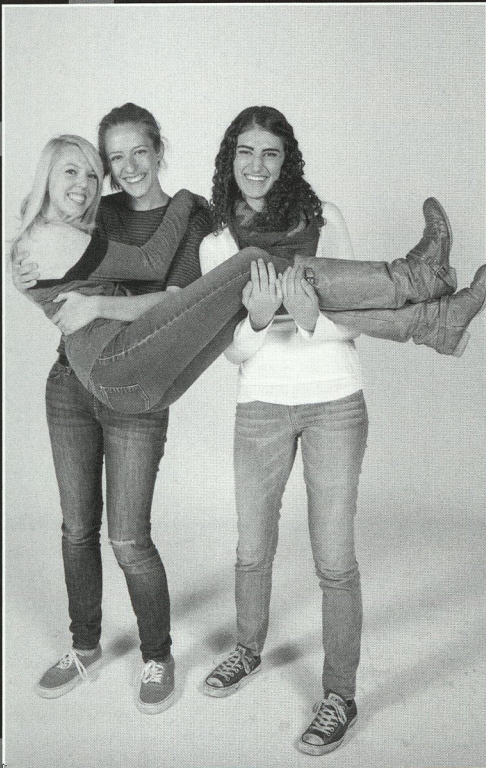
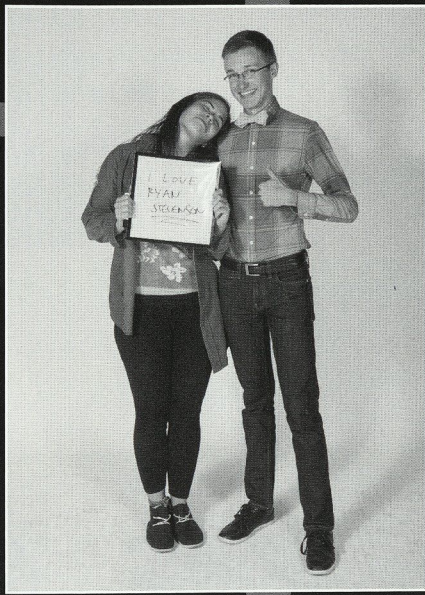




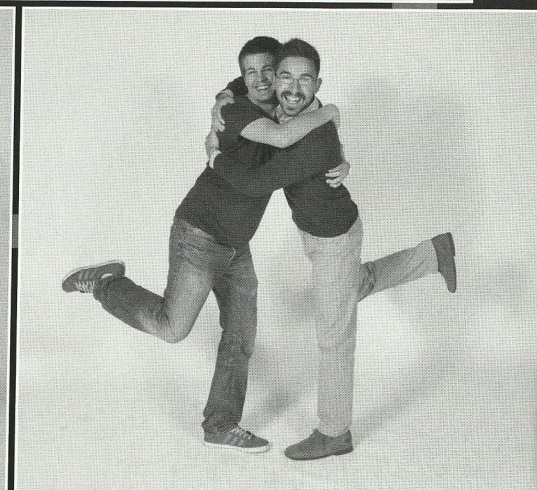
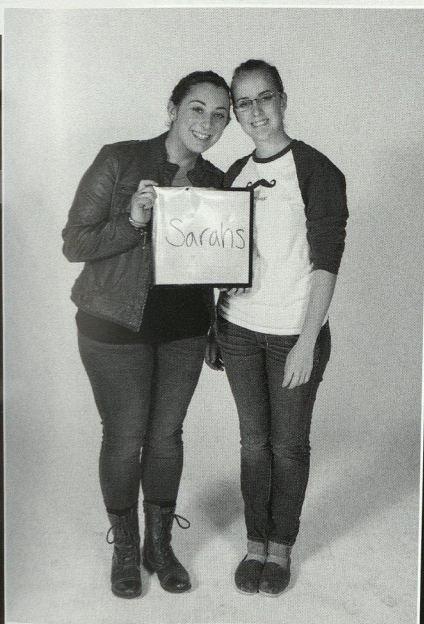
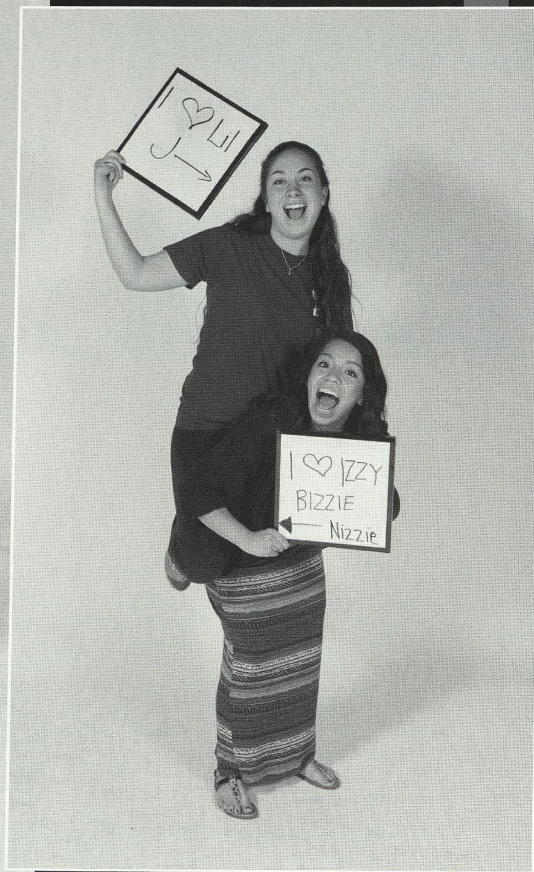




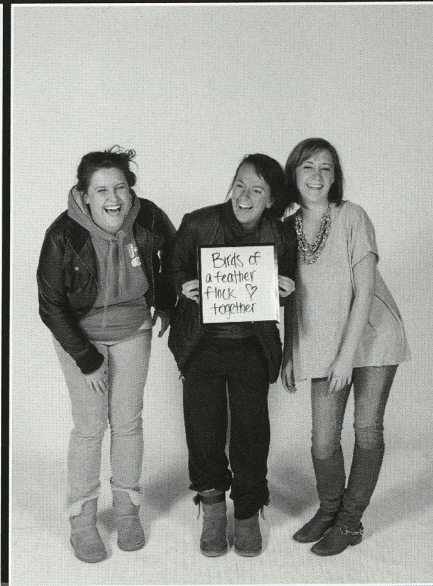
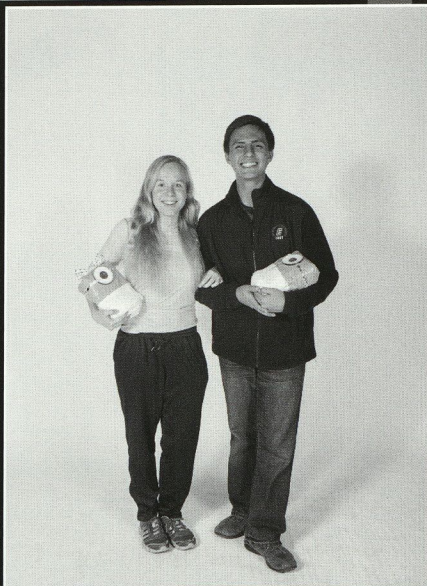
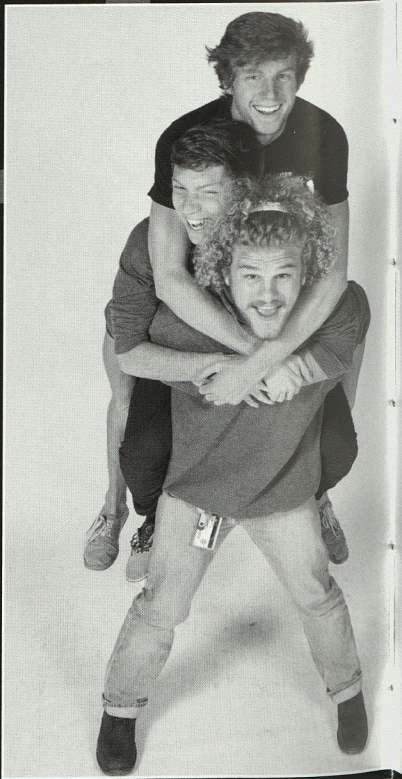
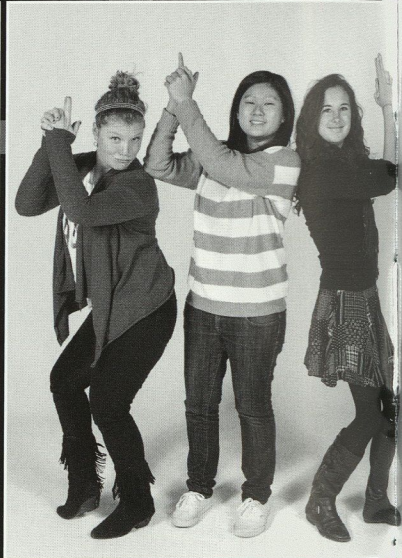
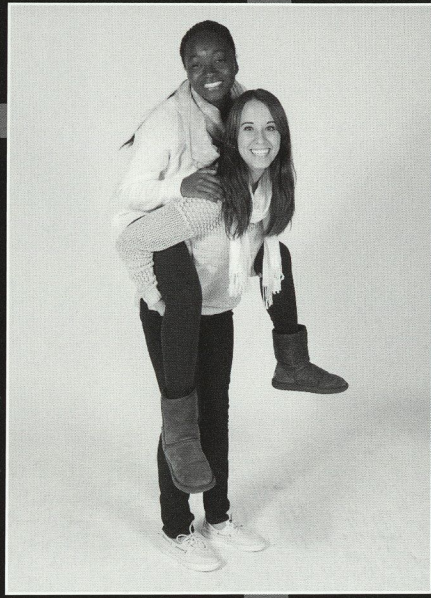




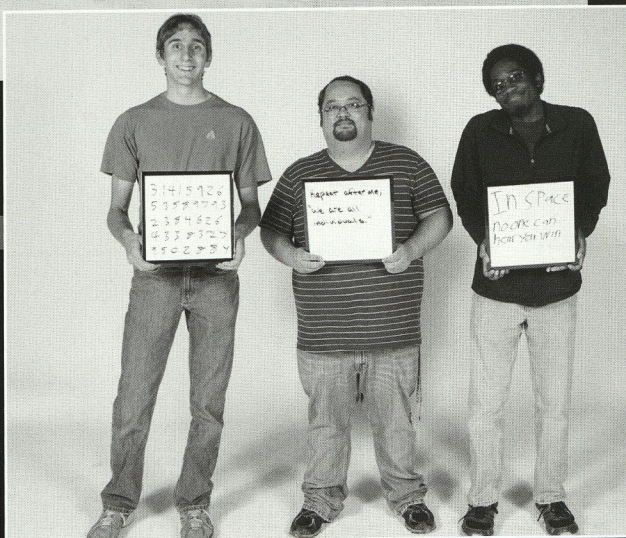
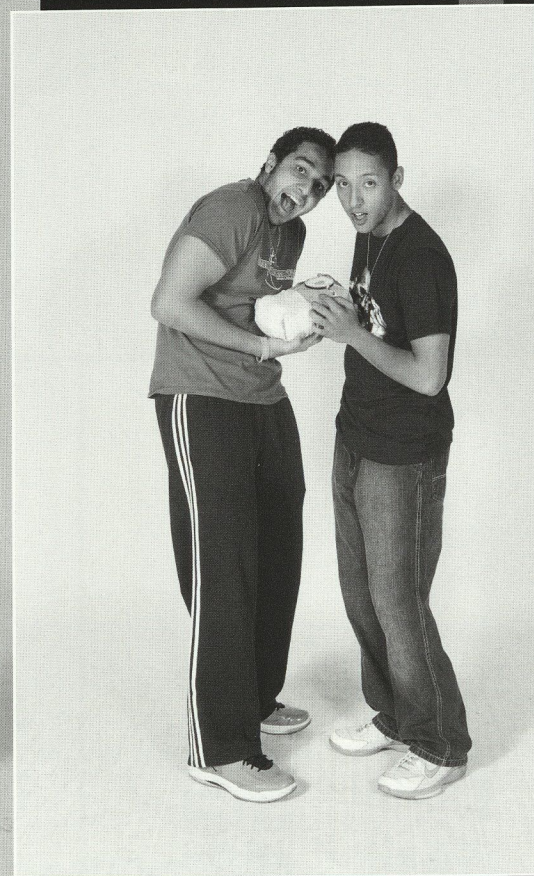




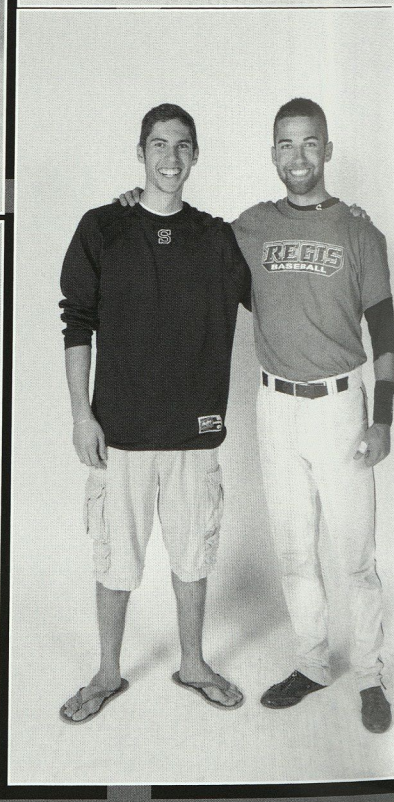
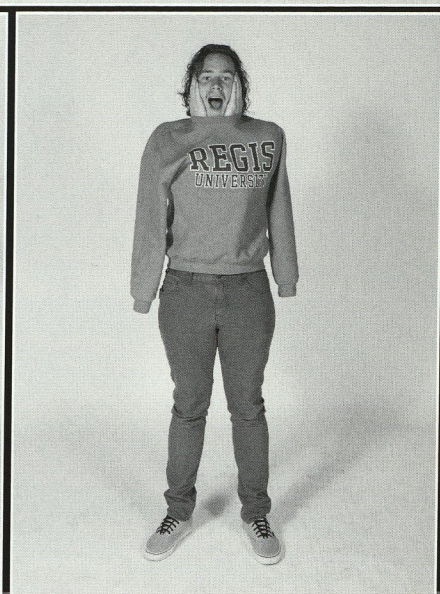
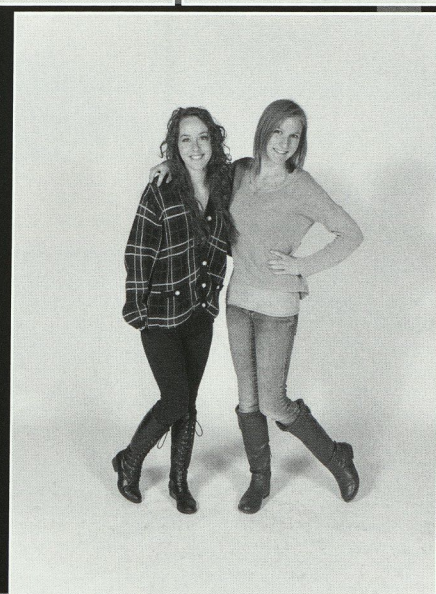
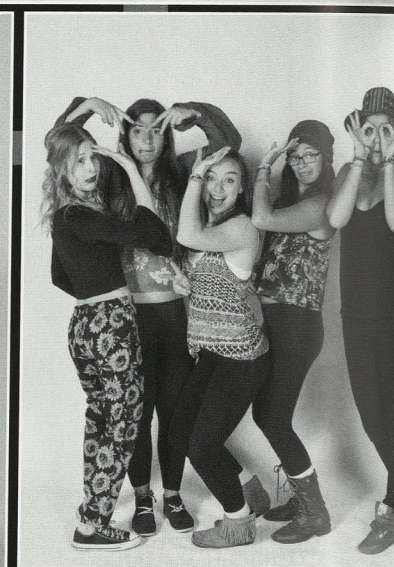
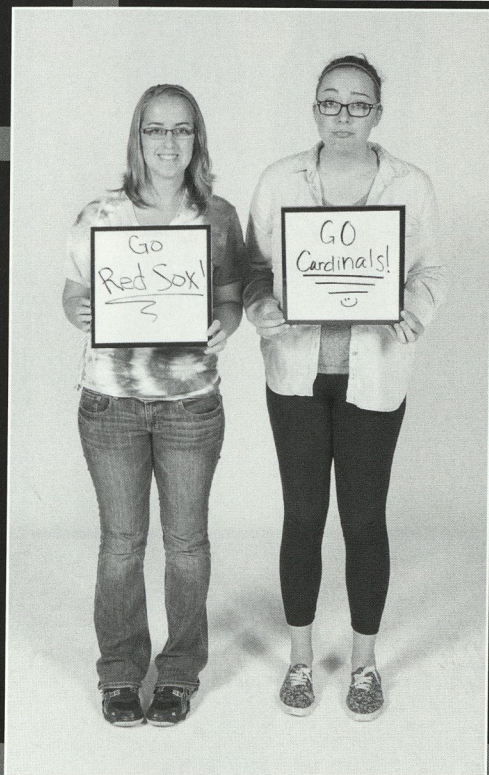




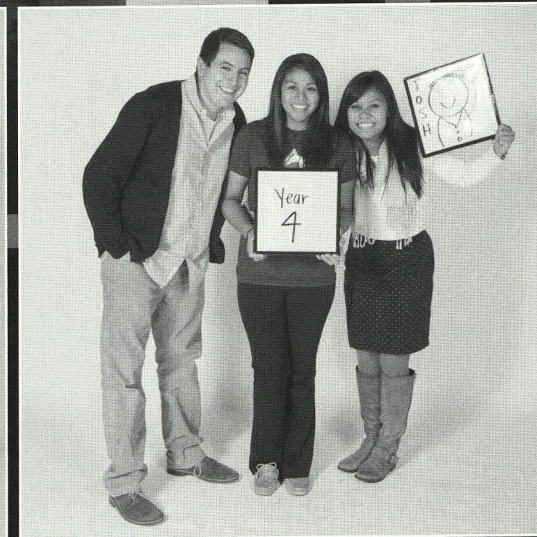
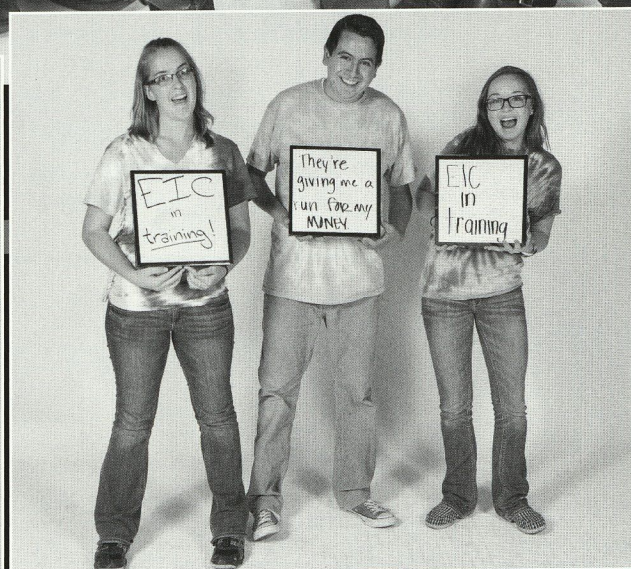
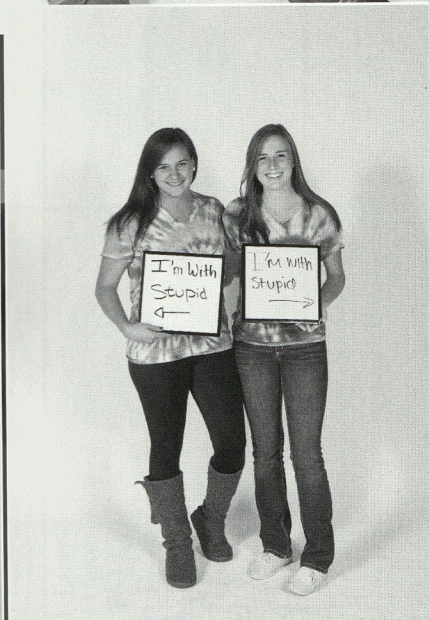




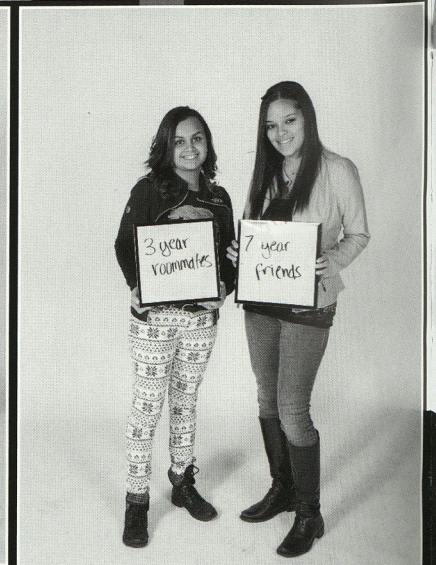
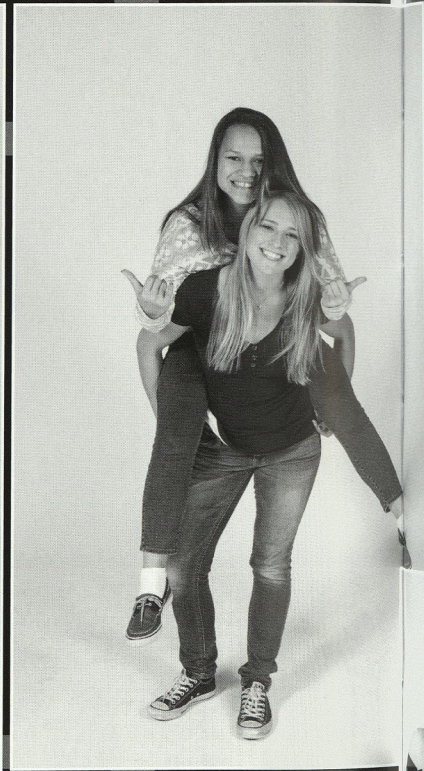
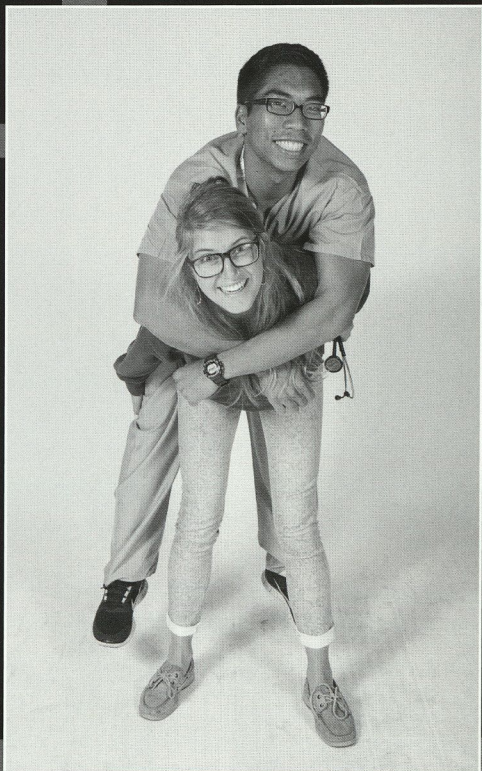
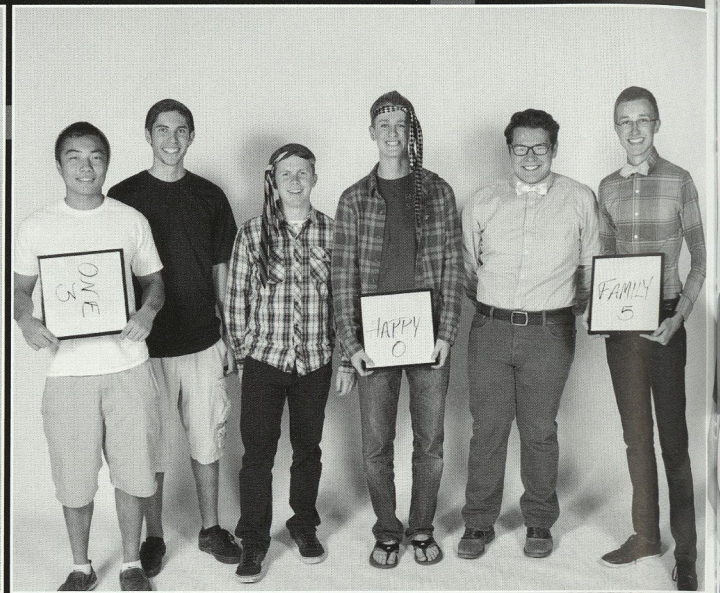




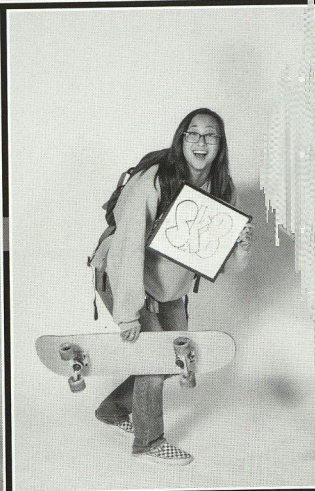
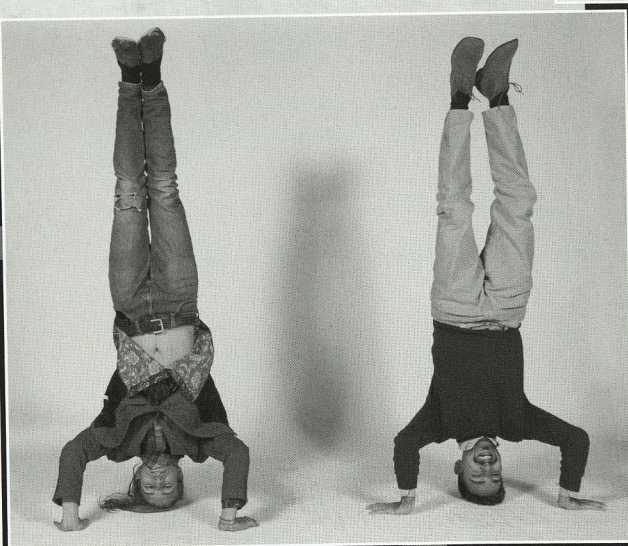
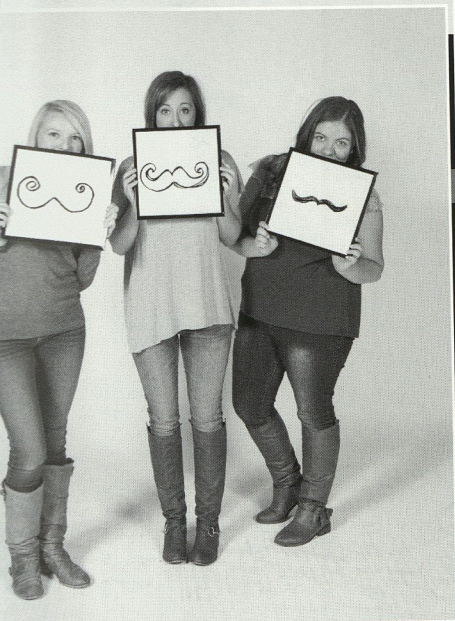
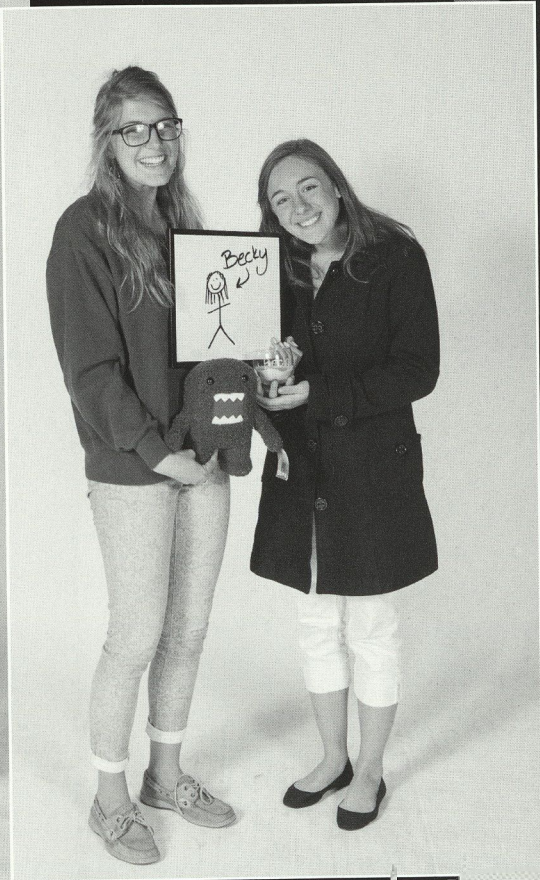
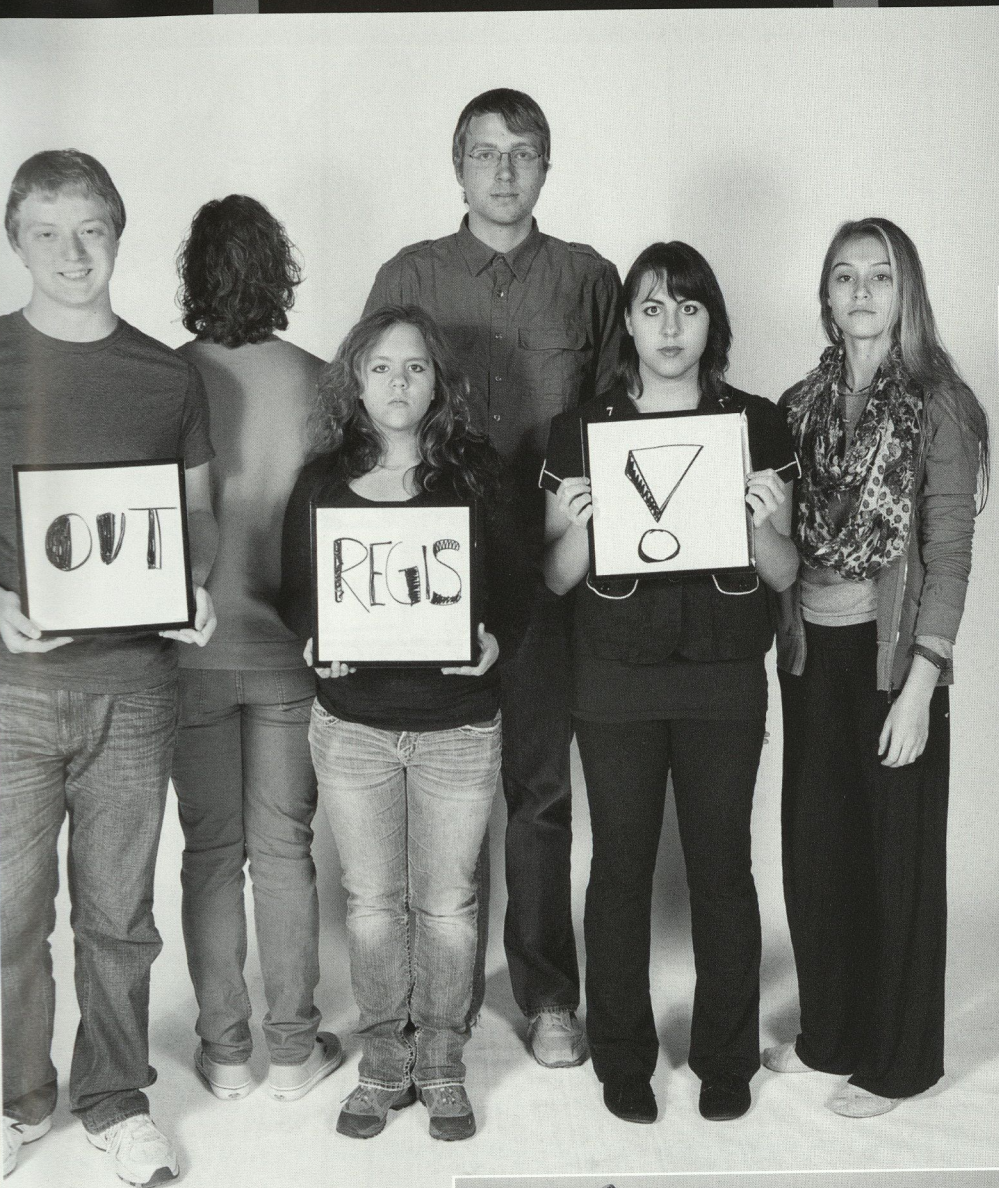




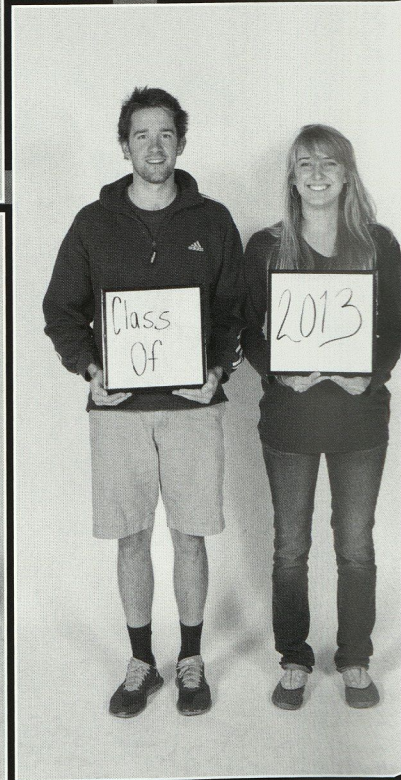
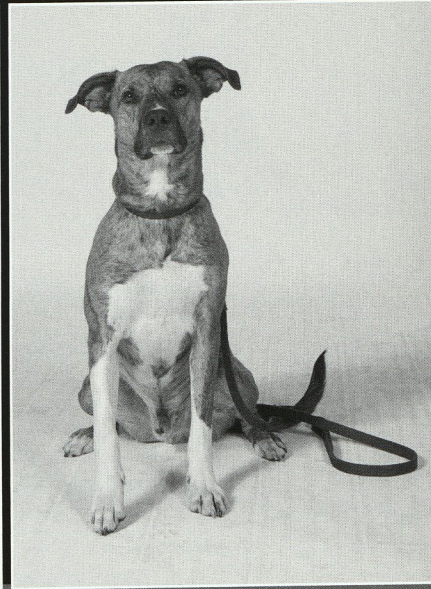
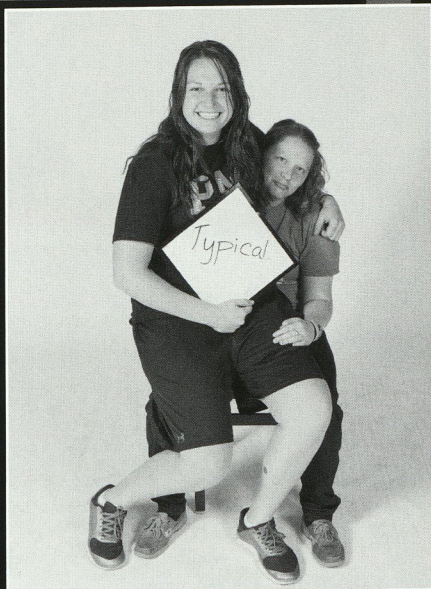
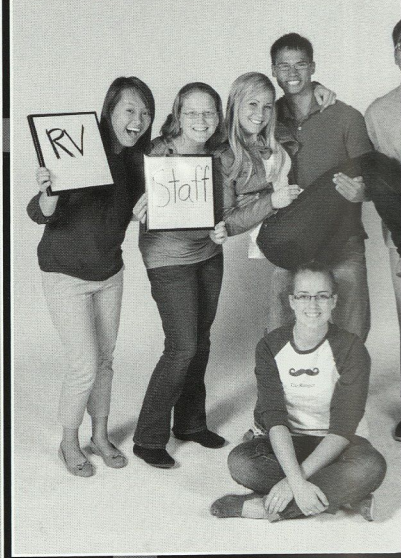
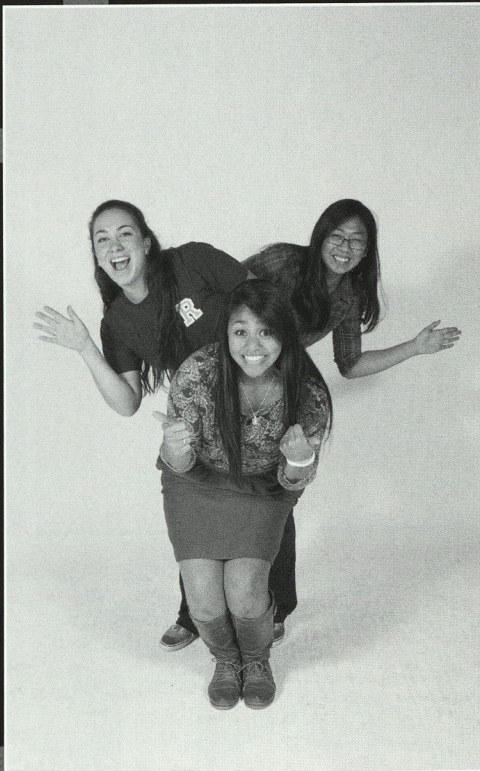
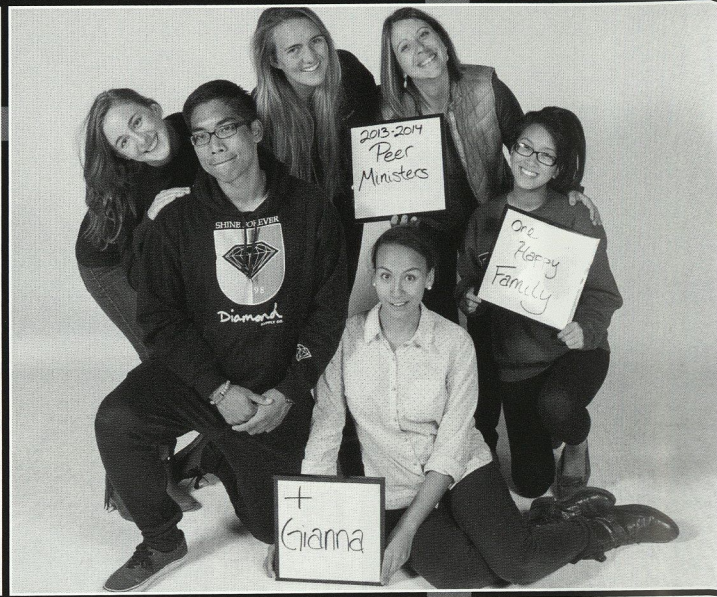
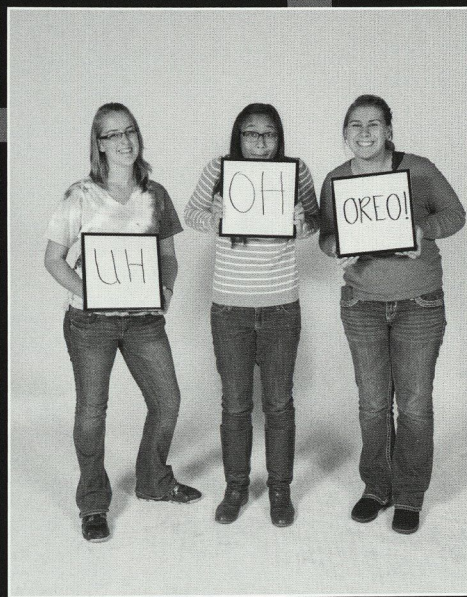




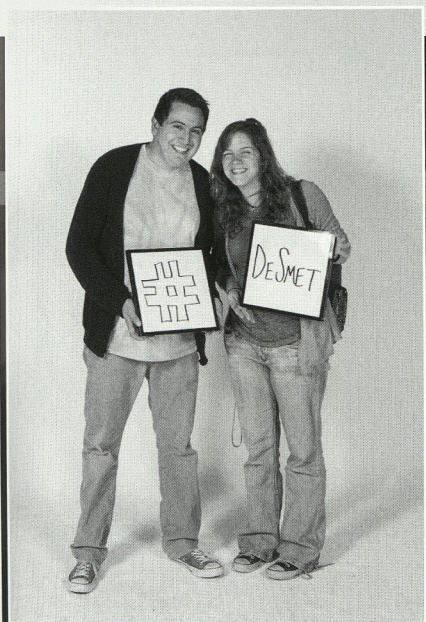
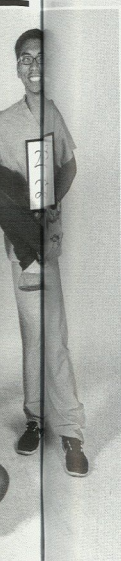
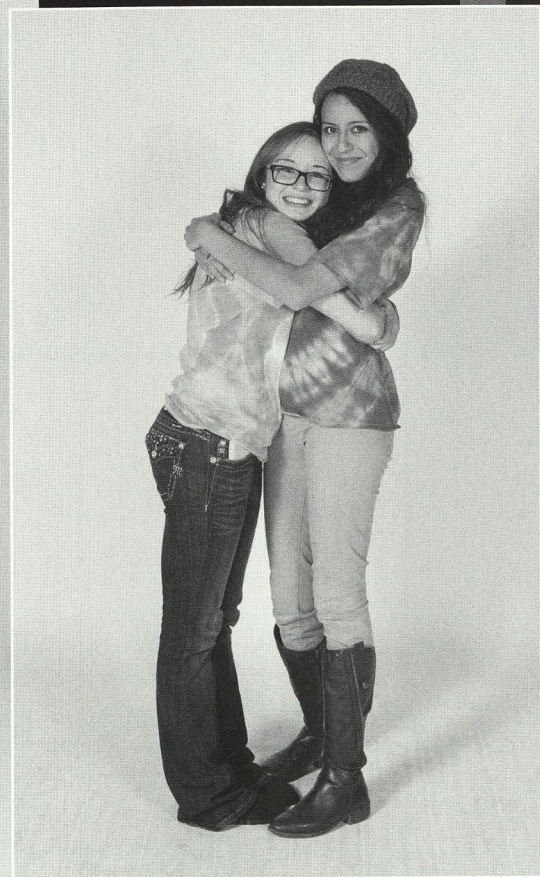




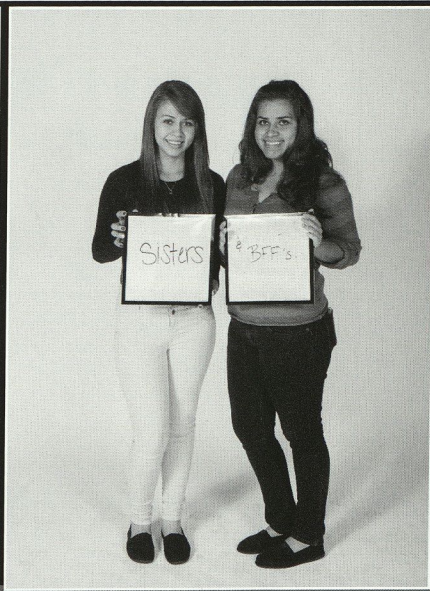
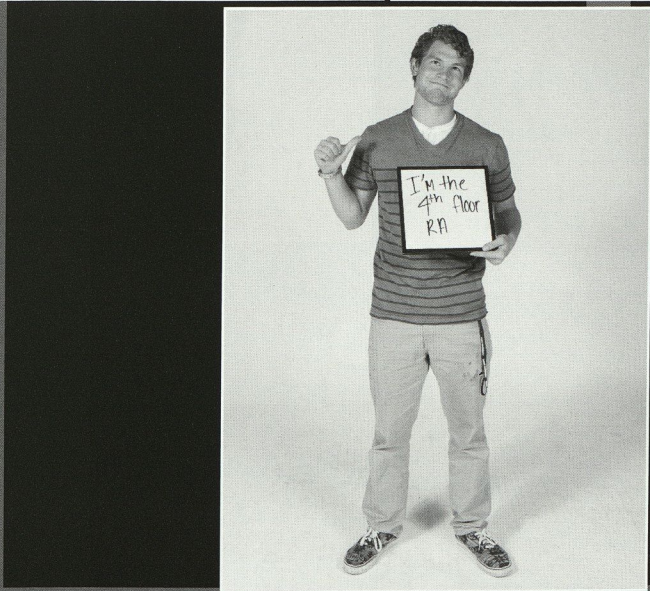
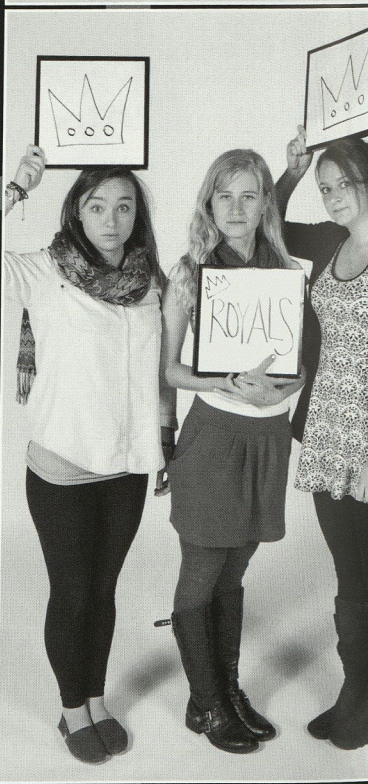
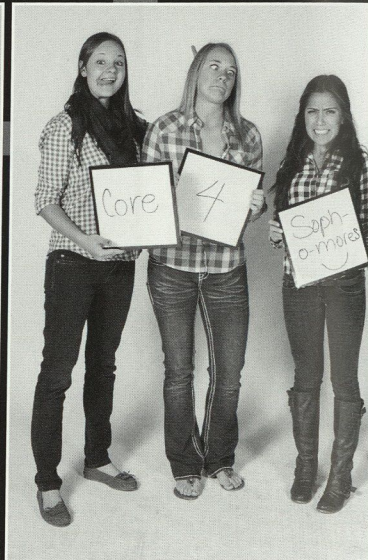
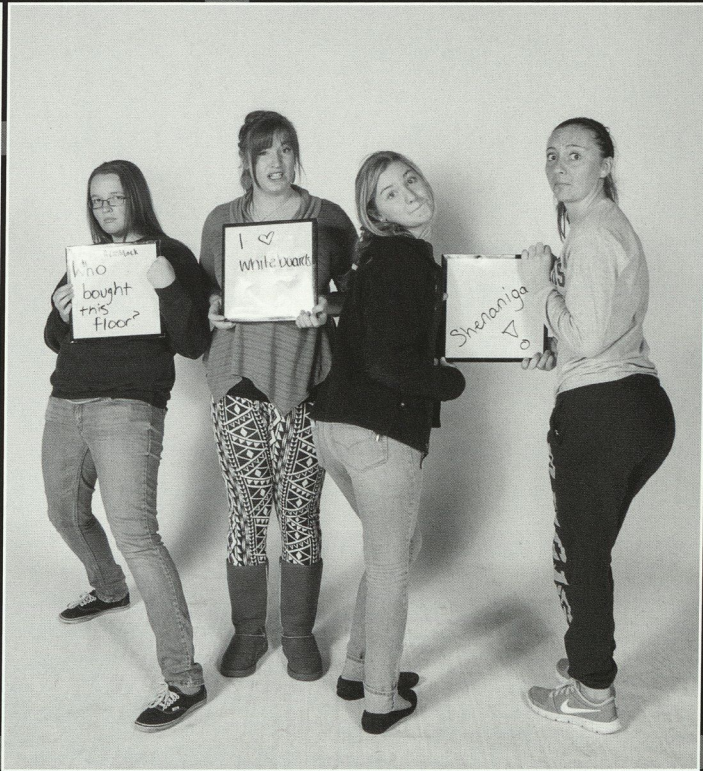
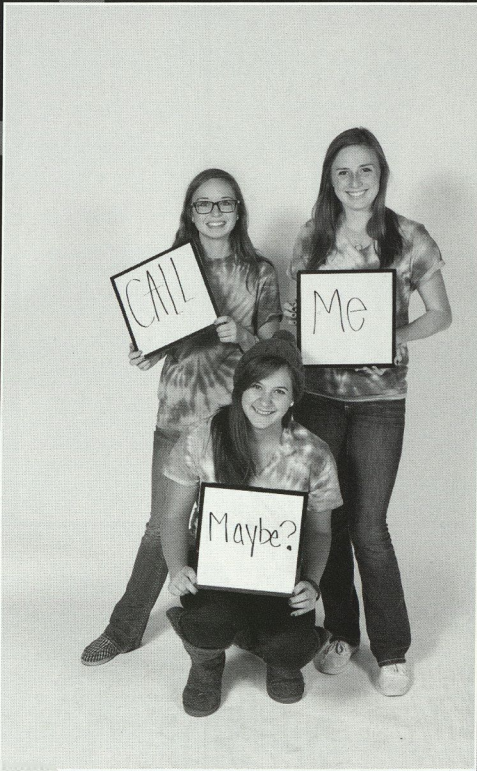




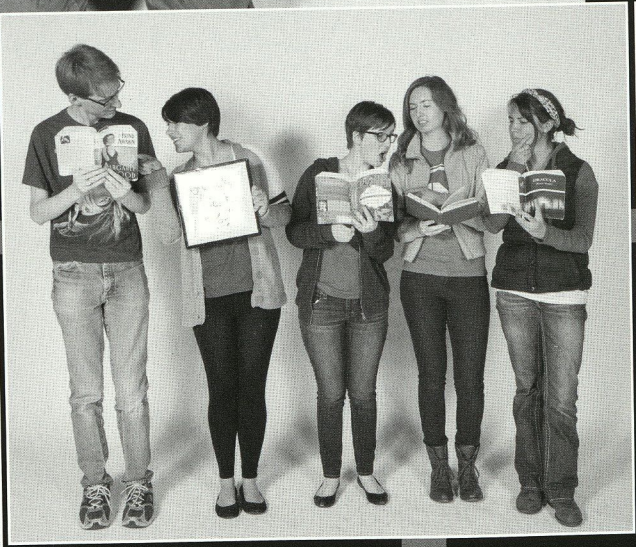
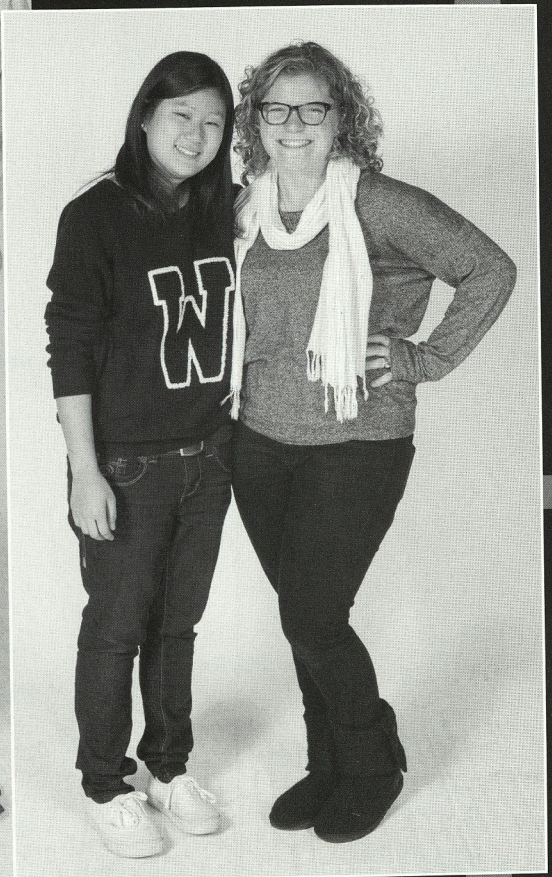




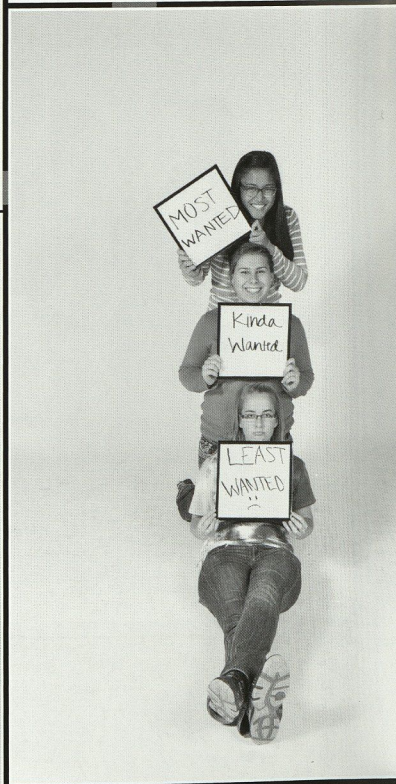
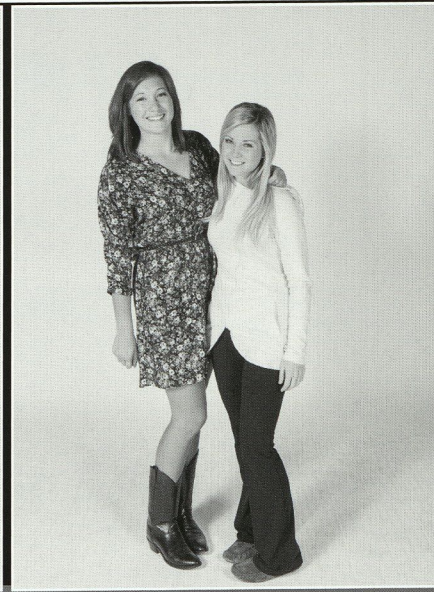
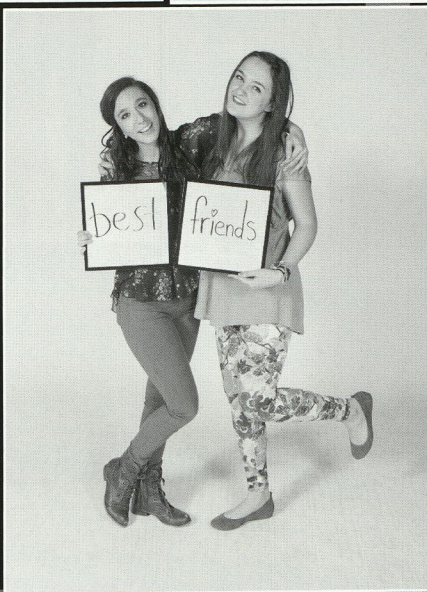
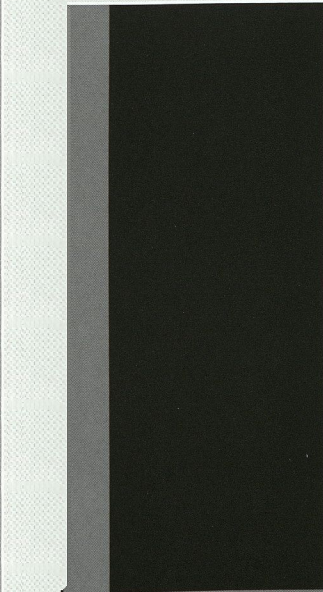
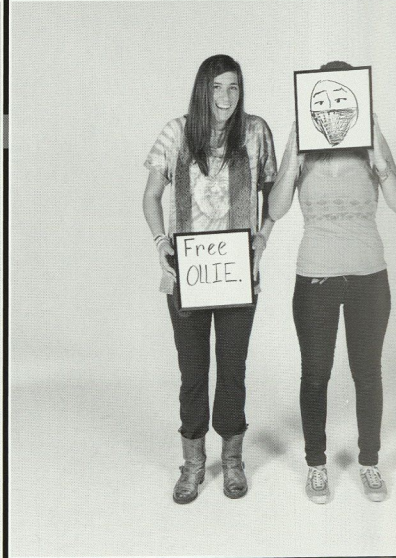
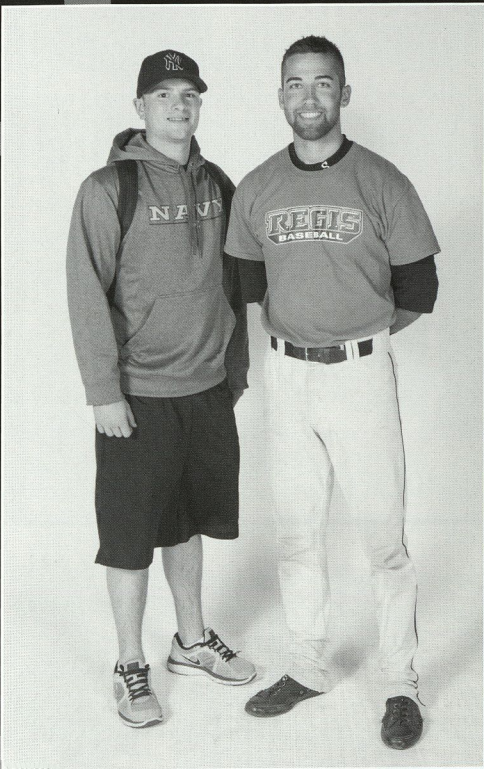
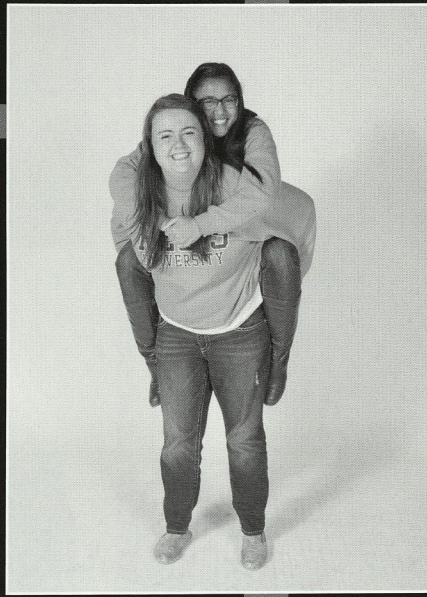




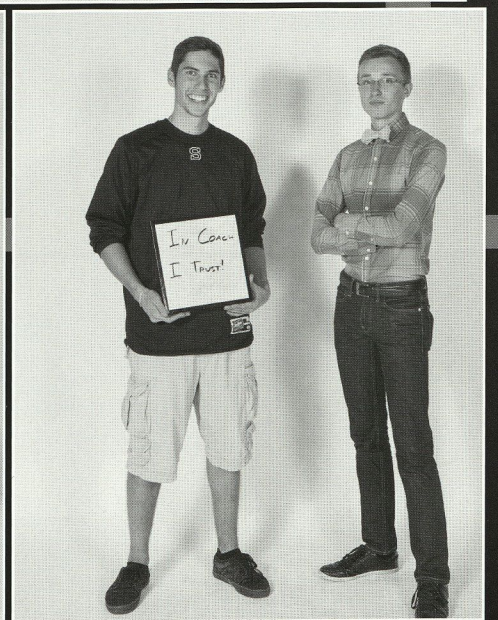
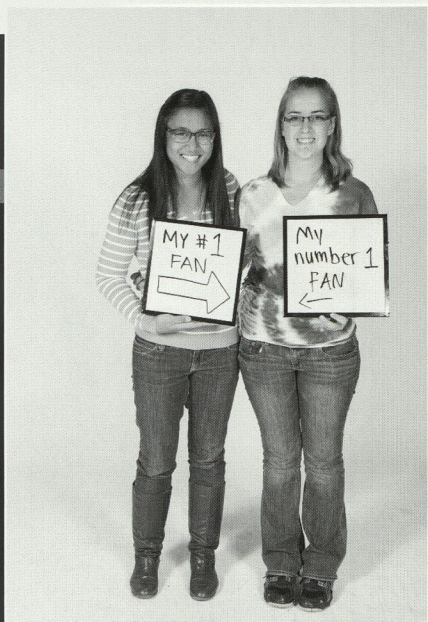
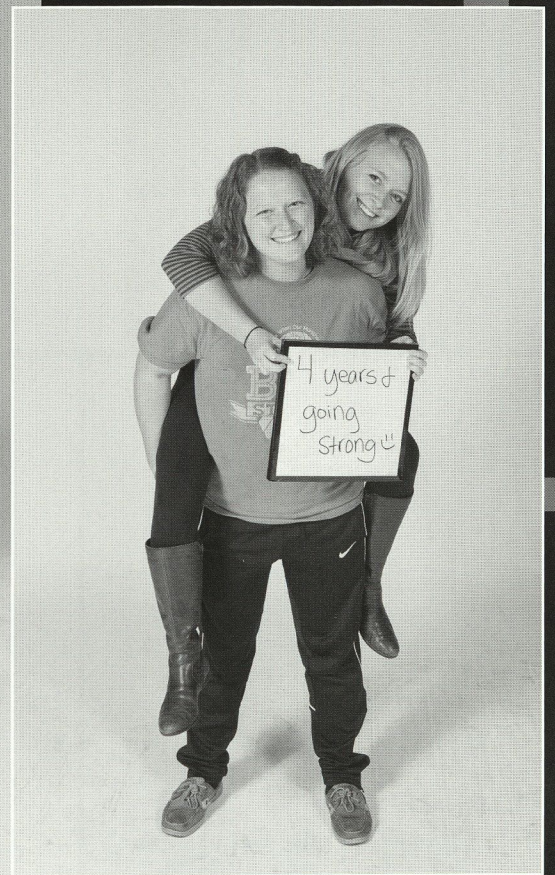




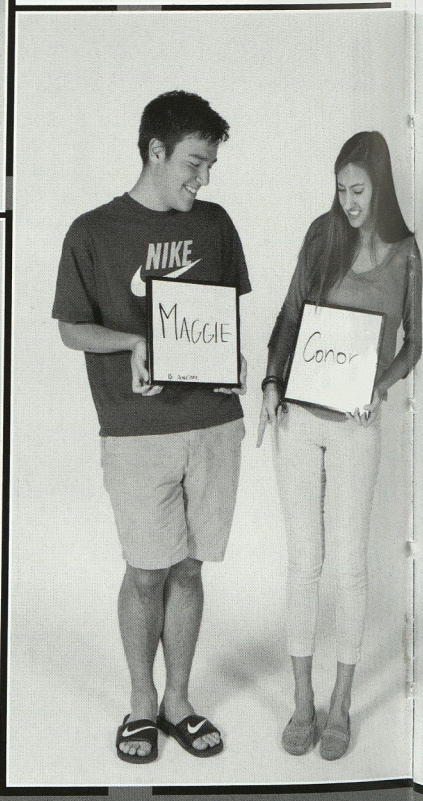
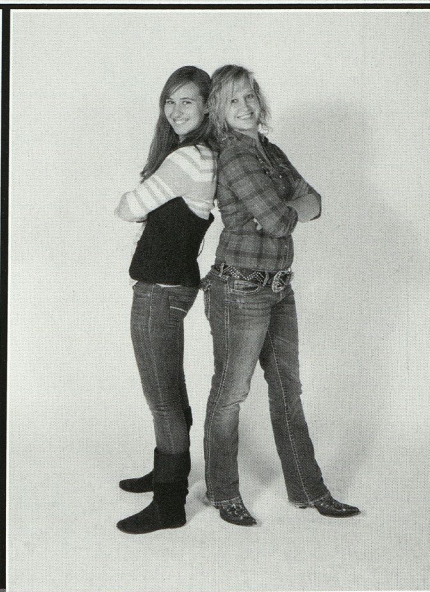
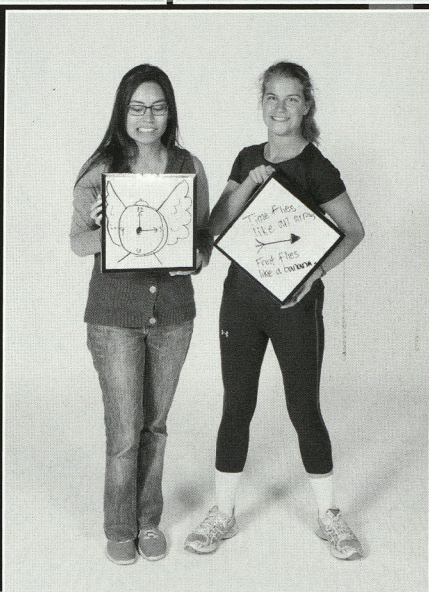
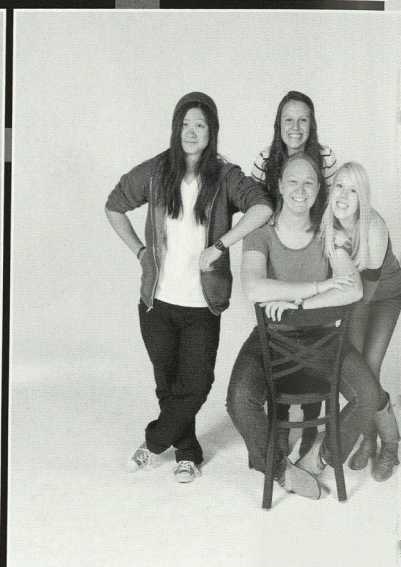
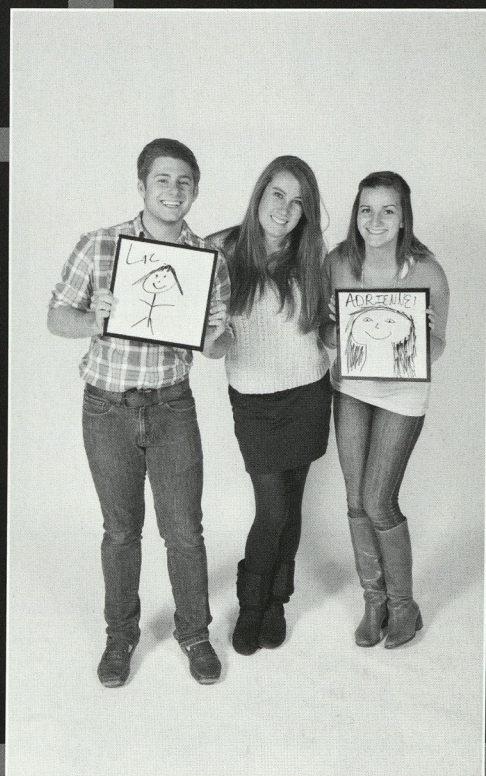
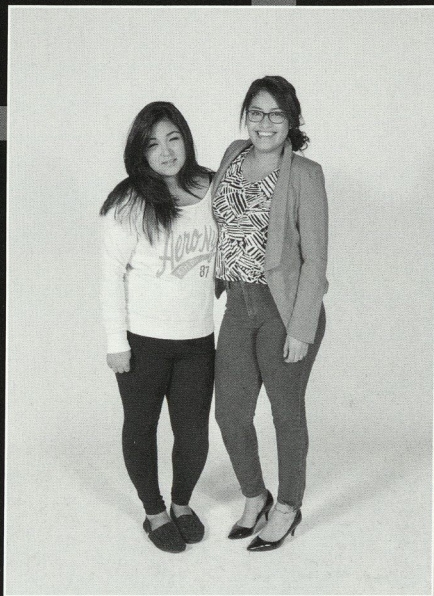




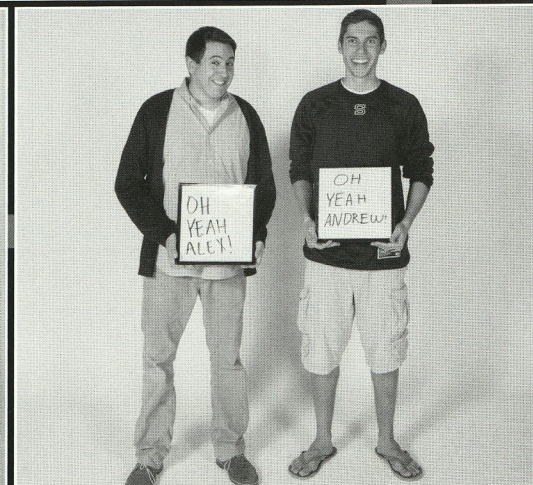
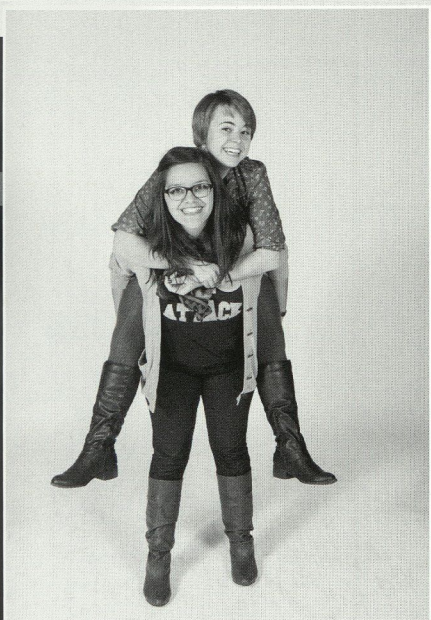
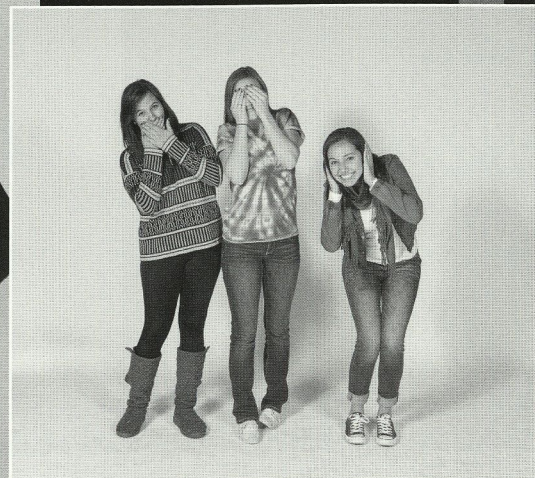




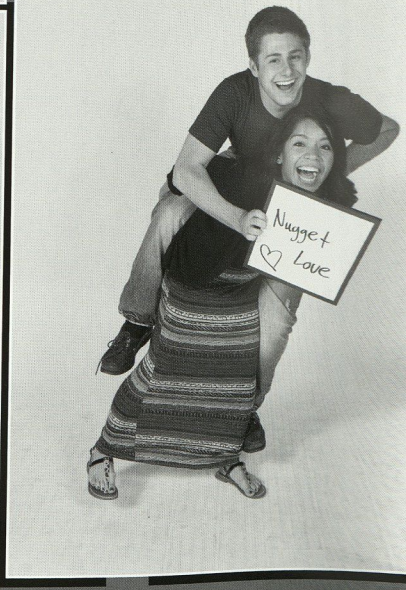
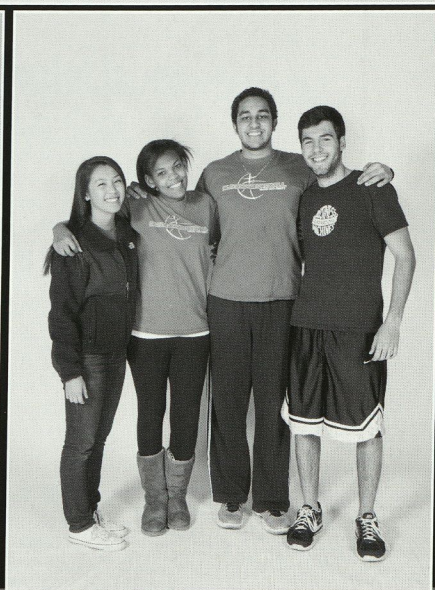
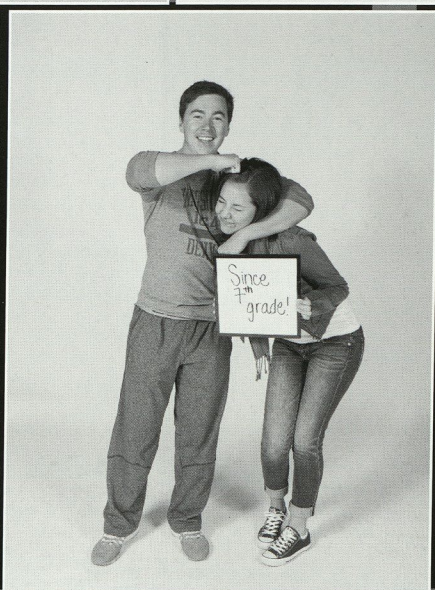
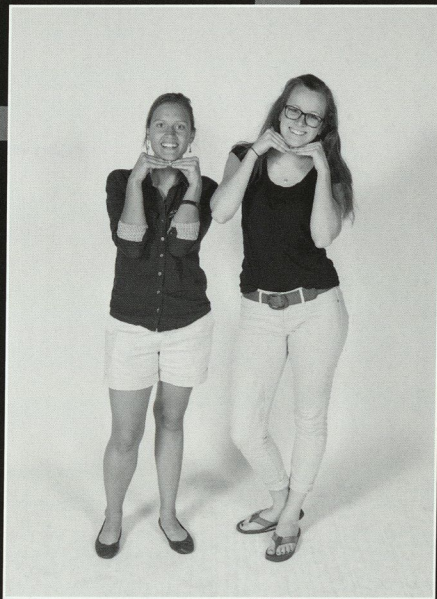




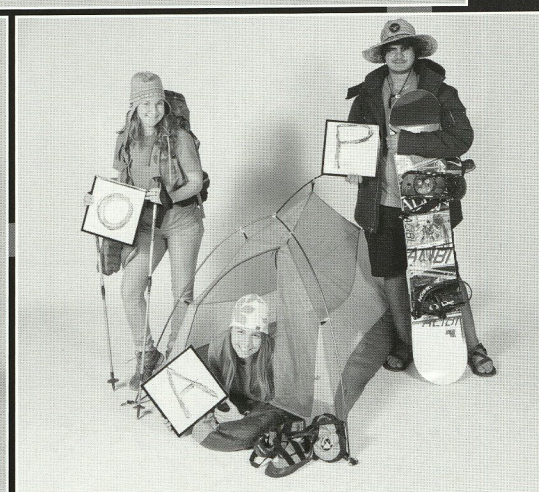
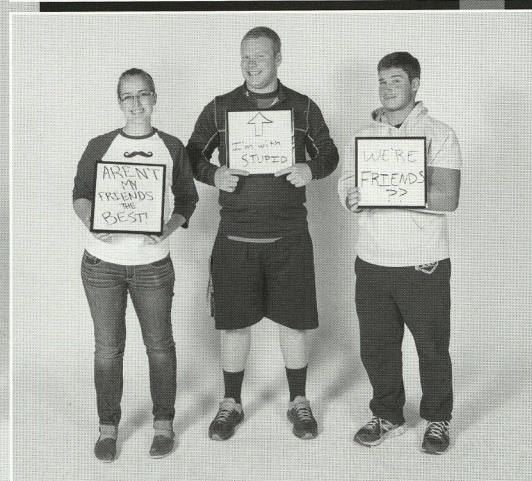




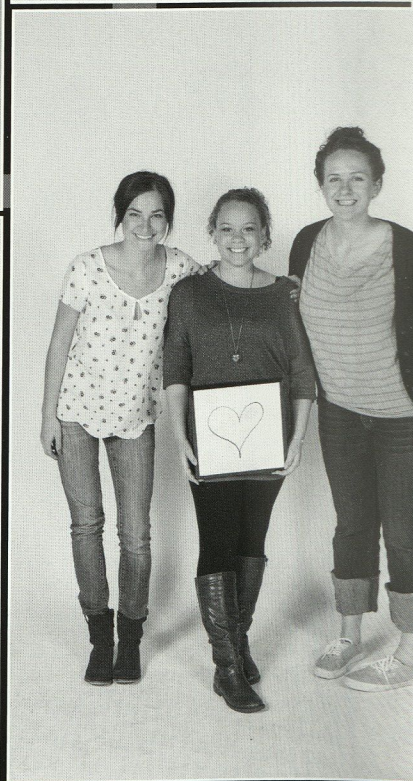
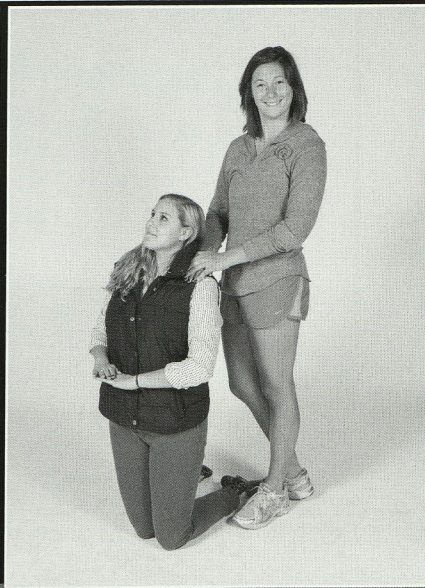
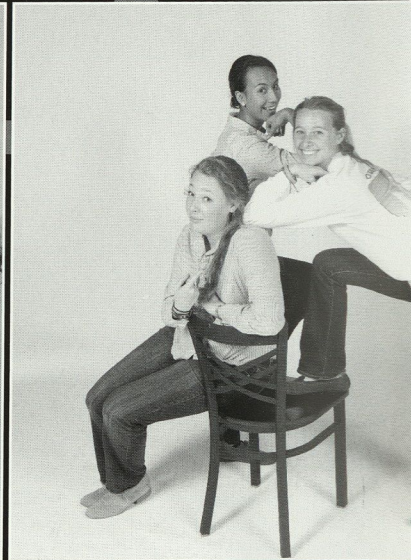
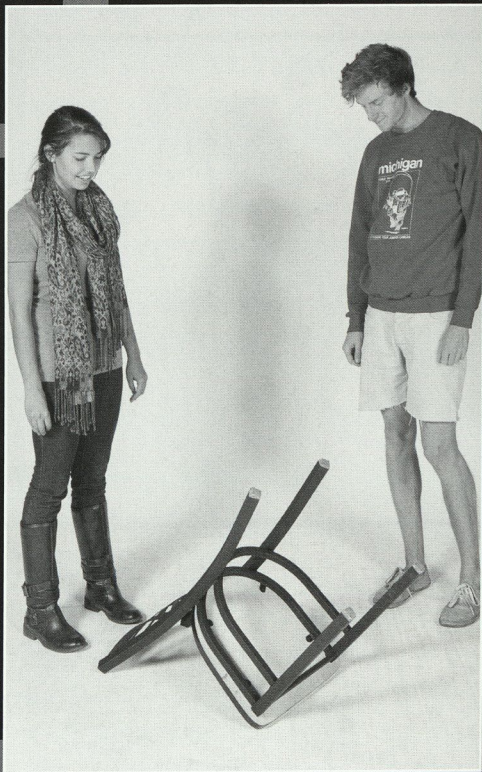
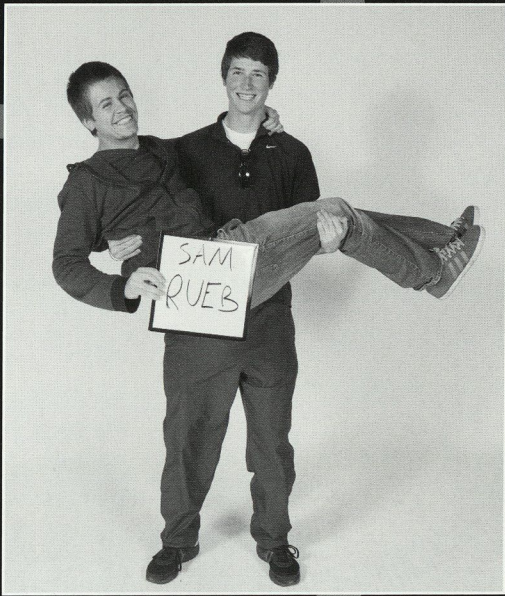




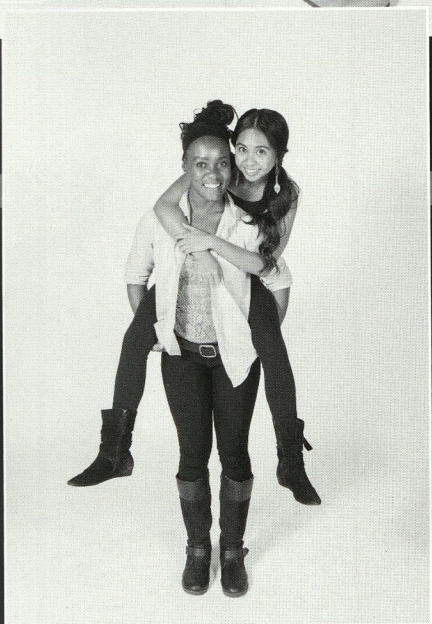
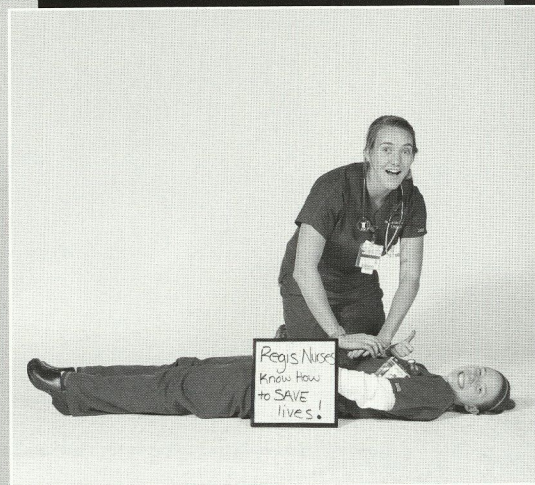




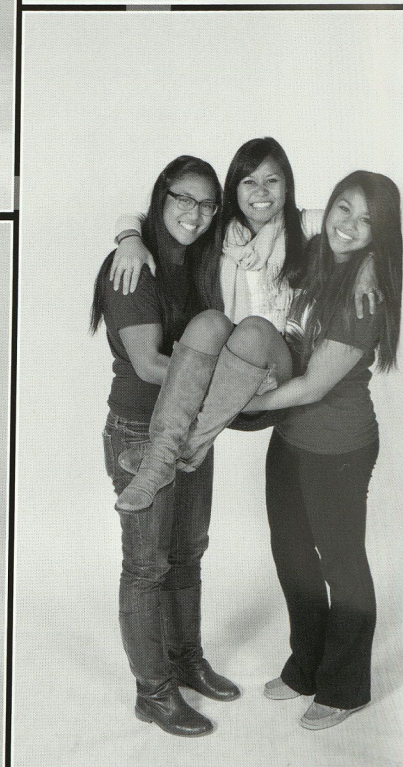
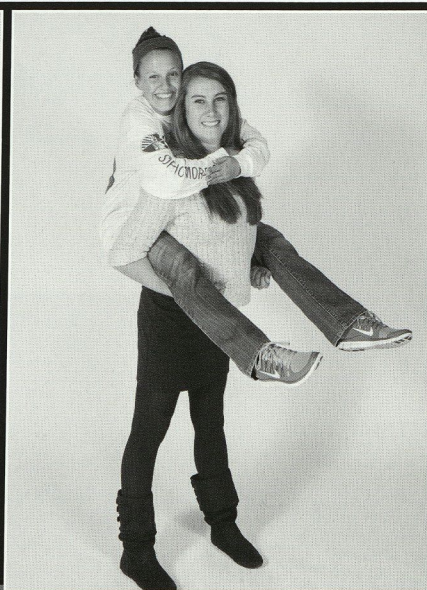
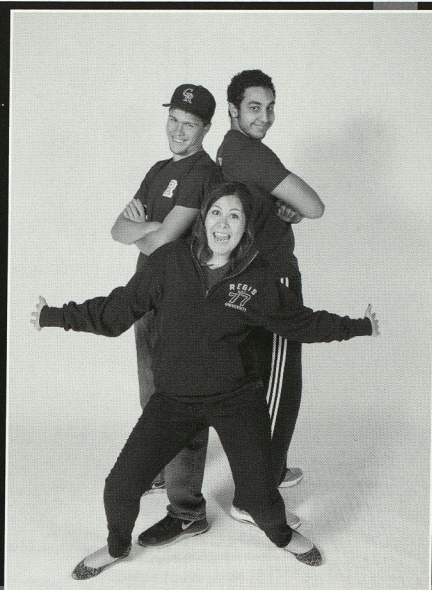
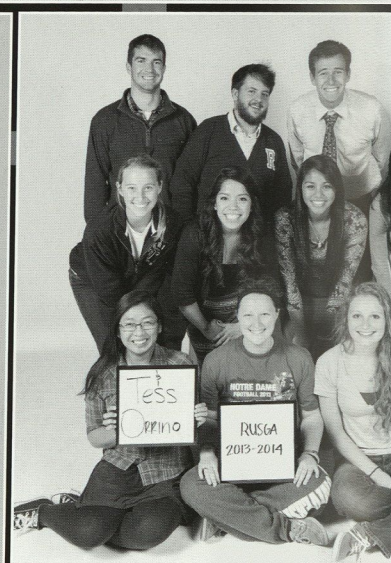




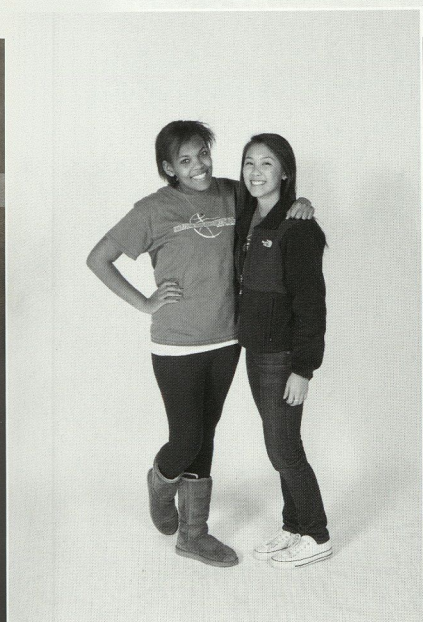








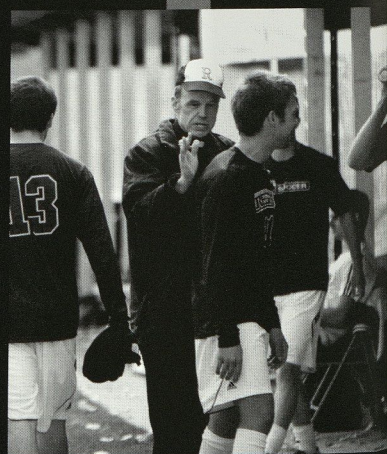
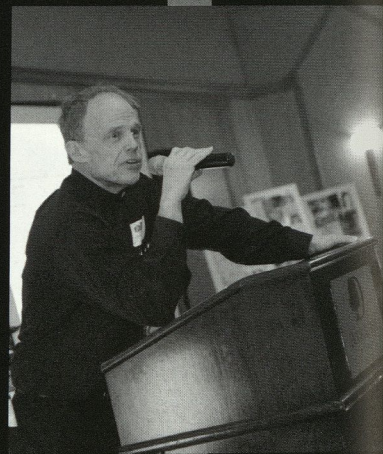
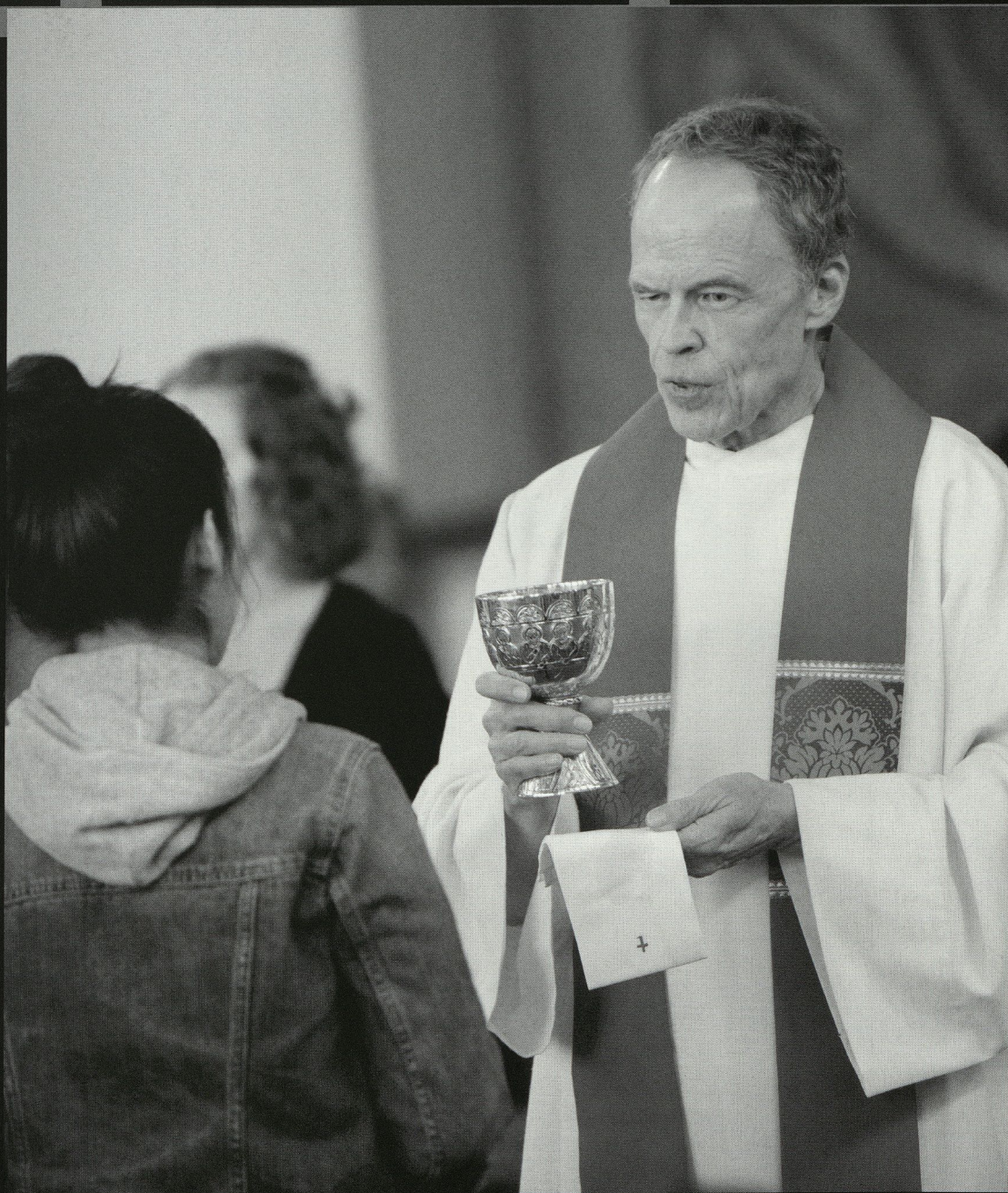
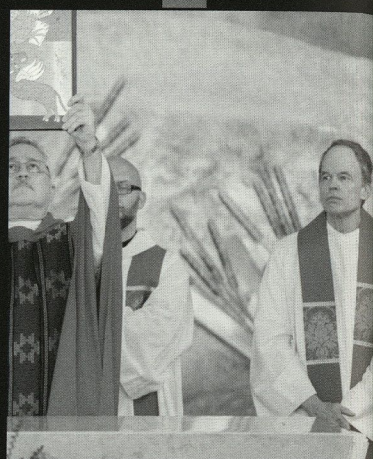




## TYPES AND TOOLS

The 2014 Ranger was printed by Walsworth Publishing in Marcelline, Missouri. The staff approached the theme and design with a mission to tell as many as stories as they could. This mission allowed the 2014 Ranger to focus more on individual experiences, bridging the Regis community together story by story. The theme "Stories behind the Story" was created at Regis University in September 2013. The cover designed by Andrew Ross was a Four-Color Lithograph Cover stock 100# FSC CERTIFIED on 160pt binders board complete with a full cover matte lamination. The front and back end sheets mirrored the cover and were printed on Walsworth's standard white 110# stock. It consisted of two fonts AWPC Ebony and AWPC Emillee in various sizes and treatments. It was a 9 x 12 inch, Smyth-sewn, 176-page book.







# WITH GRATITUDE

Fr. Charles Shelton, S.J.  
1950-2014

By: Dan Vaccaro

Perhaps the greatest testament to the life and work of Father Charles Shelton is this – on Monday, Jan. 20, the night of his passing, 35 current and former students gathered at the hospital to send their beloved priest and professor home to God. It was a fitting goodbye for a man who affected so many lives during his too-brief 64 years.



Fr. Shelton entered the Society of Jesus in 1972 and was ordained a priest in 1982. He joined Regis' Department of Psychology in 1988 and from the outset dedicated himself to student growth and development. He became a trusted adviser and friend to countless Regis students.

"Fr. Shelton mentored and walked with our students and alumni for so many years, through their moments of joy and gratitude as well as in times of tragedy and loss. He is beloved by all and will be deeply missed," said Father President John P. Fitzgibbons, S.J.

Student-athletes, in particular, revered Fr. Shelton. He served as the chaplain for the men's soccer and baseball teams for more than two decades. He never missed a home game.

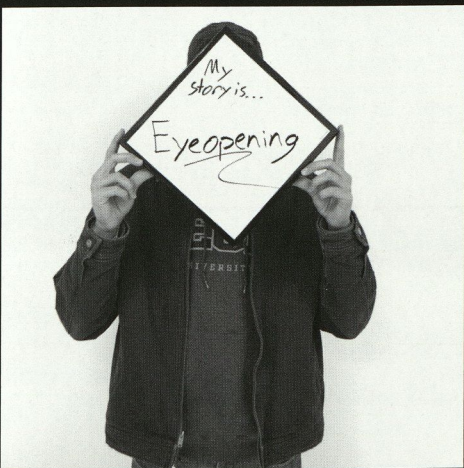
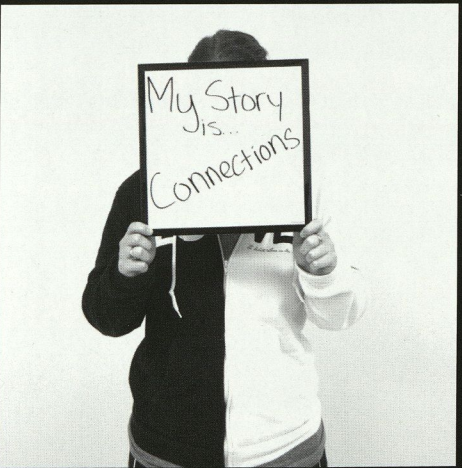
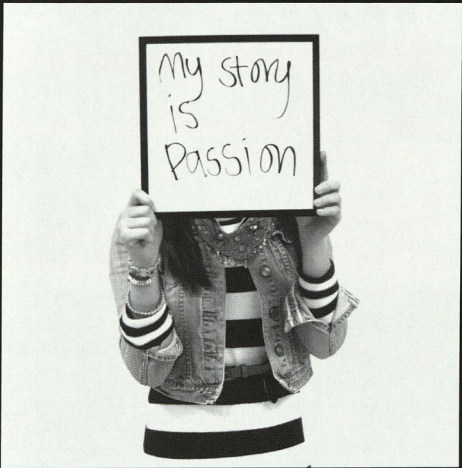
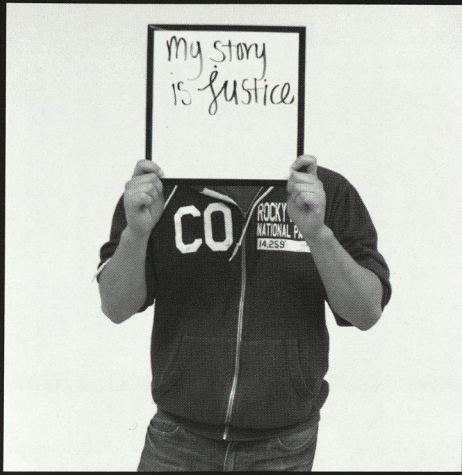
"Students looked forward to Fr. Shelton's blessings," said Ann Martin, director of athletics. "He was part of their rallying cry, part of their success. We will always feel his presence on the sideline."

Despite his popularity with students and renown as a psychology scholar, Fr. Shelton never sought the spotlight. He was the award-winning author of five books, including a groundbreaking guide to grateful living. Yet he went about his life and work in a humble, quiet way – letting his actions do the talking.

Those who knew him will remember Fr. Shelton as an insightful scholar and diligent worker. He earned his doctorate from Loyola University Chicago and held degrees from St. Louis University and the Jesuit School of Theology at Berkeley. He also served as a licensed psychologist, operating a private practice for more than 15 years.

But more than anything else, Fr. Shelton was a person who lived what he believed. He was a deeply holy man who was always there for the people who needed him most. He lived with gratitude for his many blessings. And the Regis community was a far better place having known his gracious presence.









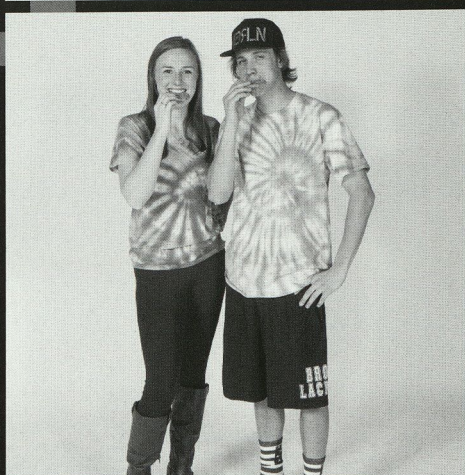
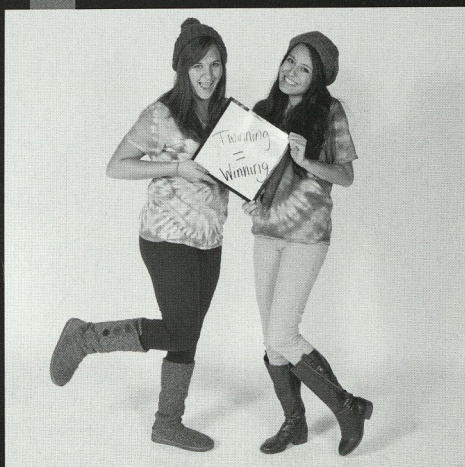
## BEHIND THE STORY

We entered college with plenty of stories. Each moment since the school year began built on the foundation of our already-lived experiences to create a rich new life. On the search for new experiences, it seemed that our days were already predetermined, as every minute of our college careers was filled with new questions, new challenges, new relationships, and new decisions. We began our college careers unable to even fathom the stories we would walk away with—our eyes have really been opened.

We experienced the unexpected, looked justice straight in the eyes, showed our pride, set life goals through social interactions, academics, and sprinkled our days with fun times. We stayed committed to our community, all while showing the world the power of community through our intertwined stories. Our stories are filled with achievement and defeat. Whether we felt happiness or heartbreak, whether we were laughing or crying, our experiences did more than shape our life moments: they gave us stories to share and grow from. Without our stories, how do we know who we are and what we are about—our stories are our lives.



# THE STAFF



## FROM THE EDITOR...

Dear Regis,

As Editor of this book I speak on behalf of the entire staff when I say thank you for yet again another amazing year. This is a book for you and your stories; we hope that we have met your expectations and that you cherish this book of memories just as much as we do. We could not have done it without you and are extremely thankful for the all help and support we received along our way. Thank You.

Andrew Ross, Editor-in-Chief

Dear Shannon, Sarah, Heather, Hannah, Christian, Edna, Natalie, and Quinn,

WOW! Where do I even begin--this year was beyond intense and I am so glad that I got to share the craziness with all of you. All of your hard work, dedication, and willingness to work with all of my demands have truly paid off and I want you to know that I am beyond, thankful! I know that while the process of making this book was challenging the majority of the time, but none of the stress, frustration, or even craze matters anymore. I am beyond thankful for the product we are giving our community and could not have asked for a better staff for my last staff. As I come to finish my last book, all I can truly say is thank you for all the memories. You are all great people and I feel privileged to have gotten to know and work with you. I wish you all the best of luck in the future.

Andrew